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POCKET  
MEDICAL COMPANION.

CONTAINING MANY HINTS FOR THE  
PRESERVATION OF HEALTH  
AND  
TREATMENT OF DISEASE;

TOGETHER WITH  
USEFUL FAMILY RECIPES.

~~~~~  
BY M. ROUSELL BRANDERHOFF, D. M. D.  
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PRICE 50 CENTS.

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NEW YORK;

1856.

Annex

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## THE VOYAGER'S COMPANION.

---

### THE VOYAGE OF LIFE.

This world's a sea, which all mankind must cross,  
Where storms incessant roar, and billows toss ;  
Small is our bark, yet framed by skill divine  
To bear vast treasures to their heavenly shrine.  
Rocks, quicksands, tempests, pirates in disguise,  
Whole fleets of enemies attempt the prize ;  
How can a single bark, unarmed, engage  
Tremendous foes inspired with hellish rage !  
Avoid where rocks and quicksands would betray,  
And steer securely on her arduous way !  
What friendly pilot will his succor lend ?  
What convoy from such monstrous foes defend ?  
The Power that guides the planets in their course,  
That framed their robes of light, and gave them force ;  
Not less observant of this lower sphere,  
Will condescend to guide his creatures here !  
Nor can the most minute escape his sight,  
Whose wisdom, goodness, power, are infinite ;  
Whose most peculiar care is still bestowed  
On those alone who put their trust in God.  
These shall find calms when storms and tempests rise ;  
Peace, amidst war and desolation's cries ;  
Plenty, in famine ; comfort, in distress ;  
In sickness, health ; and endless life in death !

---

If the present life may be compared to an ocean, where instability, agitation and shipwrecking often occur, and mankind are voyagers, it must follow of course that prudence and consideration are required of every indi-

vidual for safety and success. Lamentable indeed would it be if our voyage through the present transitory state should prove forlorn at its close.

To live in darkness—in despair to die—

Is this indeed the boon to mortals given?

Is there no port, no rock of refuge nigh?

There is, to those who fix their anchor hope in heaven.

Turn, then, O man, and cast all else aside!

Direct thy wandering thoughts to things above!

Low at the CROSS bow down—in that confide,

Till doubt be lost in faith, and bliss succeed in love.

---

The wisdom of the Deity has given to every individual of the human race a spirit, and this is as a lamp that burneth. Although the time when the intelligent part of all human beings must depart and be no more, as tenants of this world, we may believe that we shall exist and our rational faculties continue in ceaseless operation. It is well understood that mankind are not satisfied with the best good that this world can produce; and hence it is that we are continually worrying for what we have not in possession. Instability is engraven upon the tablet of every mind, and we fluctuate like the troubled water, until we experience a change that is brought about by the power of the Holy Ghost. It is impossible for any per-

son to have a real knowledge of the religion of the gospel until there is a revelation of the same by God through the medium of a sorrow for sin, and a belief that Jesus Christ suffered to make an atonement for all who put their trust in him, as their Savior. "God is love." We cannot be happy until we are made anew in our affections and are filled with love for our Creator, and love for those who are the children of the Father. If we love God we shall delight in keeping his commandments, and shall look forward with pleasure beyond the confines of the tomb.

The oracles of truth  
Tell of a world to come,  
Where in immortal youth  
Through climes of bliss to run—  
The wise may meet to part no more  
Upon that bright and holy shore ;  
May wisdom then impart  
Its teachings to the mind,  
And purify the heart  
With love that is refined.

From the authority of the scriptures we may understand that all mankind of every age, grade, complexion and nation, were created and upheld by one and the same power, and every individual continually dependent upon the same great Being. Is it not to this uncreated and forever existent, wise, holy, lovely,

merciful and perfect character, that we are indebted for all our privileges? If we owe to God our affections and our gratitude, why should we not pray to him by day and by night in our hearts, and refrain from every species of impropriety, and strive earnestly to please our dear Friend, according to his requirement? If thou doest well, shalt thou not be accepted? A Christian is a candidate for immortal glory, all will admit; and religion of the heart constitutes a Christian in reality. The way that we are to obtain a true knowledge of God spiritually, is as evident as we can desire. All that is required for us to do is to seek for it carefully, fervently, soberly, and believingly, in the name and virtue of him who suffered, died, and rose from the dead for such creatures as we individually are, so that salvation in the proposed way is as free as water and as extensive as space.

Lord, I approach the mercy seat,  
Where thou dost answer prayer,  
There humbly fall before thy feet,  
For none can perish there.  
Thy promise is my only plea;  
With this I venture nigh;  
Thou callest hardened souls to thee,  
And such, O Lord, am I.

As early as the way of salvation was made

known by the Lord Jesus Christ, two individuals who toiled on the water were called from their avocation to labor as fishers of men, and take a part in proclaiming the glad tidings of the gospel, "which shall be to all people."—Very soon two other seafarers were called to follow "the Lamb of God who taketh away the sin of the world." It pleased the Divine Personage to select those sailors from community as associates and advocates, perhaps, because perils and sufferings had rendered their minds docile and sympathetic, ready to extend the hand of charity and the heart of compassion to the indigent and afflicted.

Blest is the man whose softened heart  
Feels for another's pain ;  
To whom the supplicating eye  
Is never raised in vain !  
Whose heart expands with generous warmth,  
A brother's woes to feel,  
And bleeds in pity o'er the wound  
He wants the power to heal.  
To gentle offices of love,  
His alms are never slow ;  
He views, through mercy's melting eye,  
A brother in a foe !

The disciples of Jesus Christ went out into various parts of Asia and preached the gospel ; and although the true light was gradual in its progress, it extended into a part of Africa ;

and after some years had elapsed it reached Europe. Obstacles were continually in the way of the glorious cause. Malignity, superstition and ignorance reigned in the minds of rulers and people to such a degree that the religion of the New Testament, which inculcated purity of heart, meekness, love, peace and charity, very few indeed were willing to advocate. Those who espoused the cause of the Savior, as taught by the apostles, were persecuted, much afflicted, and in many instances put to death; but all true Christians stood the test, and blessed their enemies with their expiring breath. Even the Jews, who had been for many ages peculiarly privileged by the Divine Parent, and to whom the sacred scriptures had been committed, became enemies to the doctrine of the Savior, and refused to own him as their Lord and Redeemer. We may note that the Old Testament books were originally written in the Jewish or Hebrew language; but the New Testament first appeared in the Greek language, although Jesus Christ and his disciples were Jews. The Old and New Testaments were translated into the English language about the year 1440, after the

death of our Lord. The volume of those testaments we have in possession, was not published until the year 1610 from the death of Christ. The art of printing with moveable letters was unknown until the year of our Lord 1400. Printing with facility was not practiced until the year 1550 from the death of the Son of God. The inhabitants of the earth were destitute of the Old and New Testaments as we have them, until the year of our Redeemer 1610. Mankind could not have had the volume of the Old and New Testaments in more instances than one in a hundred thousand, two hundred years ago. Fifty years ago it was quite a task to print a bible, and thousands of families were destitute of the Testaments in the United States. At the present time bibles are printed at one establishment, after the rate of three hundred in twenty-four hours. Two hundred years ago the sacred writings were translated into the English language, only, and now the divine Book is well known in one hundred dialects. In the course of a few years, the bible will be universally understood throughout the whole earth.

and Christendom will include Ethiopa, Seba, and all the islands of the sea.

Admitting that there are nine hundred millions of human beings on the earth, we cannot calculate that the gospel has reached the heart of more than one in forty of the human family ; but as speed is the custom of the present time, it may be believed that the knowledge of the way of salvation will be wonderfully and powerfully transmitted, through the instrumentality of seafarers, to distant parts of the earth, and shortly every occupied vessel will become a Bethel ; so that

While on the sea, away from friends,  
The sailor finds a place for prayer,  
And to his God his views ascend,  
And bends his knees in worship there.  
Above is spread the blue expanse,  
Beneath them rolls the foaming brine.  
The winds sweep o'er the lightnings glance,  
Around the sailor's lovely shrine.

Let the hearts of seamen be warmed by the Holy Spirit, and be in unison with those who love, fear, and honor the Father, and soon "it shall come to pass that the mountain of the Lord's house shall be established in the top of the mountains, and shall be exalted above the hills ; and all nations shall flow unto it : and many people shall go and say, Come ye, and



let us go up to the mountain of the Lord, to the house of the God of Jacob; and he will teach us of his ways, and we will walk in his paths; for out of Zion shall go forth the law, and the word of the Lord from Jerusalem.— And he shall judge among the nations, and shall rebuke many people: and they shall beat their swords into plowshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war any more. O house of Jacob, come ye and let us walk in the light of the Lord.”— The prophesyings of the holy man of God, which relate to a glorious epoch that will surely be experienced by the inhabitants of the earth, must be gratifying to the mind of every Christian. The prelude to this time must be a union of all pious denominations, for the perpetual cessation of war, rapine, inebriation, taking the name of our God in vain, and whatever can injure a fellow creature or retard the progress of the universal love of the Father, the Son and the Holy Spirit. May the united spiritual aspiration be—

Great God of worlds, display thy power,  
Be this thy Zion's favored hour!

Bid the bright morning star arise,  
 And point the nations to the skies;  
 Set up thy throne where satan reigns,  
 On Afric's shore, on India's plains;  
 On wilds and continents unknown,  
 And be the universe thy own!  
 Speak, and all shall hear thy voice,  
 Speak, and deserts shall rejoice!  
 Scatter the shade of moral night,  
 Let worthless idols flee the light!  
 Go, Christian Sailor, go, proclaim  
 Salvation through Immanuel's name,  
 To islands' clime the tidings bear,  
 And sow the seeds of glory there!

---

The Divine Being, our Father, has "no respect of persons, but in every nation he that feareth him and worketh righteousness is accepted with him." A bare profession of religion, without a knowledge of God in the heart, comes far short of constituting a Christian.—Upon this subject the scripture is very plain and clear. "Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven." And the will of the Father is, that we shall believe on the Lord Jesus Christ, and seek for the Spirit of God.

The Lord who built the earth and sky,  
 In mercy stoops to hear our cry;  
 His promise all may freely claim,  
 Ask and receive in Jesus' name.

“For every one that asketh receiveth, and he that seeketh findeth, and to him that knocketh it shall be opened.”

Brother farer ! it is evident that we can have the spirit of the gospel by praying for it sincerely and fervently. And when we pray, we must address the Father in the name and virtue of Jesus Christ, and depend upon an answer and a blessing from the promise of God. In language of a poet, let each say—

Arise, my soul, arise,  
Shake off thy doubts and fears ;  
The bleeding Sacrifice  
In thy behalf appears !  
Before the throne my surety stands,  
He ever lives above,  
For me to intercede,  
His all redeeming blood to plead.  
His blood atoned for all our race,  
And sprinkles now the throne of grace.

“The Lord is nigh unto all them that call upon him, to all that call upon him in truth.—He will fulfill the desire of them that fear him—he also will hear their cry, and will save them. The Lord preserveth all them that love him ; but all the wicked will he destroy.” The gospel is for those who value eternal life more than they love sin and the wages thereof.—Could we remove depravity from our minds. so that we might have a view of the region of

purity and felicity, and with an eye of faith behold the glory of the redeemed, we should not need the exhortations of our friends to induce us to set out in earnestness for that kingdom which is without end. Even in the present life the righteous shall flourish like the palm tree—he shall grow like the cedar in Lebanon.

Again: “The Lord is nigh unto them that are of a broken heart, and saveth such as be of a contrite spirit.” Many are the afflictions of the righteous, but the Lord delivereth them out of them all.” The righteous have the promise of protection in the present life, and eternal joys in the state to come.

How is it with the wicked? What encouragement is there in being opposed to our best friend? Where is the consolation of those who refuse to honor, praise and glorify God?

The fact must be that we were all designed originally for endless duration, as respects our spirits; and it is reasonable for our Creator to require of us love and obedience.

It is our privilege to care for the preservation of enjoyed health, and the cure of our complaints; and much more is it a duty we owe ourselves to provide for, and make it a primary

object to attend to, the welfare of that part of us which shall survive when time shall be no more.

---

### TO THE CONTEMPLATIVE.

Man often clouds with vain or fancied ills  
His narrow span, when Nature's stainless light  
Dispenses only Happiness, and fills  
The world with things so beautiful and bright,  
Her plains, her mountains, and her valleys teem  
With living verdure in the fairest dress,  
And ocean, river, lake, and singing stream,  
Combine to harmonise her loveliness.

---

It is calculated that there are between two and three millions of seafarers now in existence, and universal peace and harmony can never be realized until every mariner experiences the efficacy of the gospel. As sure as there are inhabitants on the earth, or sun, moon, or stars, so sure shall the time come when there will be but one religion among the nations, and every individual will rejoice and say, "O come, let us worship and bow down; let us kneel before the Lord our maker."

---

All the works of the Deity are harmonious in their order, and are all calculated to show

forth wisdom, power and goodness. Mankind as creatures of the care and protection of the Creator, are individually solicited to unite with all nature in honoring, worshiping, adoring and praising the Being of beings, and the God of gods.

---

#### A PART OF THE CVIth PSALM.

They that go down to the sea in ships, that do business in great waters, these see the works of the Lord, and his wonders in the deep; for he commandeth and raiseth the stormy wind, which lifteth up the waves thereof. They mount up to heaven, they go down again to the depths. Their soul is melted because of trouble. They reel to and fro, and stagger like a drunken man, and are at their wits' end.— Then they cry unto the Lord in their trouble, and he bringeth them out of their distresses. He maketh a storm a calm so that the waves thereof are still. Then are they glad because they be quiet. So he bringeth them unto their desired haven. O that men would praise the Lord for his goodness, and for his wonderful works to the children of men!

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#### A PART OF THE XXIVth PSALM.

The earth is the Lord's and the fullness thereof; the world and they that dwell therein; for he hath founded it upon the seas and established it upon the floods. Who shall ascend into the hill of the Lord? and who shall stand in his holy place? He that hath clean hands and a pure heart; who hath not lifted up his soul unto vanity nor sworn deceitfully. He shall receive the blessing from the Lord, and righteousness from the God of his salvation.

*Rules to be regarded by Seamen and Others.*

1. Every morning, noon and evening, contemplate upon the power which alone preserves us from the rolling billows, the tornado, the vehement storm, and the lightning.

2. To study to gain the esteem of those with whom we have to associate.

3. To remember that we are all sojourners and voyagers, bound to a state which is near, and soon our adventures will be at an end.

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*Home Sickness.*

This is a disease of the mind and an intruder upon every species of comfort. A mental disease is to be managed by mental means. When there is a vacuum in the mind, caused by a bereavement, the void will refuse to be occupied by any of the comforts of this world; and hence it is that those who are afflicted are invited to seek consolation from a source that is capable of answering the desired purpose. Home sickness may be meliorated in its operation by making the subject which interests us all the topic of contemplation. It is our privilege to raise our drooping thoughts upward,

*Voyager's Medical Companion.*

The love of home is almost universal, and in the number of one hundred and forty-five thousands of seafarers who belong to the United States, many thousands are continually under the influence of regret from the absence of near and dear friends; and is a remedy not better than a palliative in such instances at all times? Or is it not better for us to look from the world to the Parent of all good, and solicit his assistance in our case and under our circumstances? for the Being who cares for his creatures has a sympathy for each individual of them, and is ever ready to grant consolation where it is needed. In the endeavor to obtain the notice of our Heavenly Father, we are to listen to the words of the Savior, and receive them as though they were directed to us. "And I say unto you, ask and it shall be given you, seek and ye shall find, knock and it shall be opened unto you." The privilege of asking our God, in the name and virtue of Jesus Christ, to forgive us our sins, and bless us with his spirit, we may believe is wonderfully great; and we are in duty obligated to seek religion in this way, and persevere in seeking with full confidence that we shall obtain.



## INTIMATION.

It is a fact that those who sail in vessels and do business in great waters, witness the works of the Lord, as they are wonderfully expressed upon the mighty deep, by means of the light of the sun by day, and also by the moon and by Arcturus, Orion and Pleiades, the bright shining planets Jupiter, Venus and Mars, with the twinkling orbs in the region of space, by night—which unite to raise the contemplations from the created to the Creator. Seldom indeed is it that an infidel can be found among those who are travelers by sea. Not a shadow of an argument can be advanced as a reason why all those who sail upon the water should not espouse the doctrine of salvation. The first step we can take towards the haven of eternal peace, is, to believe that there is a God.

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### No. 1.—*Introductory Observations.*

It must be acknowledged that America was

formerly a wild and uncultivated range, inhabited by roving savages and voracious and untamable animals. Literature, agriculture, mechanical arts, commerce and civilized society, were not known, nor the subject of christianity understood, by those beings who were the aborigines or first inhabitants of America. Where there are flourishing and wealthy cities, towns and villages, were formerly forests, dales, hills and granites; where there are institutions for the education of young minds, and houses for religious worship, were to be seen wigwams, huts, and resorting places for those who revered the evil as well as the Good Spirit. And where there were canoes, made of barks or trunks of trees, along our coasts, and in our harbors, managed by the people of the woods, what a variety of ships, brigs, schooners, sloops, steamers, and other vehicles, are witnessed, which declare the abilities of an enlightened, intelligent, enterprising and wealthy nation, who are prospered by the wise Parent of the universe! Where the air had resounded with heathenish yells—war-whoops of those who were prepared for furious contests, and screeches of tortured victims.

--are now to be heard the voices of pious votaries, uttering the praises of the King, the Lord of hosts.

From what cause is it that such a wonderful and almost miraculous change of aspect and circumstances has taken place in the course of a few hundred years?

Was is not altogether through the instrumentality of seafarers that this country was discovered, and made known to the inhabitants of Europe and Asia? Christopher Columbus and some others were the agents in bringing to light the fact that there was a continent, which the wise of former ages had not investigated.

By what means are the islands of the sea now known, and the Gospel of Jesus Christ promulgated to an astonishing extent?

We are bold in the declaration of the fact, that by the assistance of mariners remote nations correspond, intercourse is perpetuated, and important matters transacted.

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*No. 2.—To Individuals.*

Who can doubt that the prosperity of a na-

tion is dependent upon its commerce? We must admit that upon the health, skill, and regular deportment of mariners, depends the success of voyages, in most instances—casualty excepted. It is remarked that nations who are destitute of maritime communication, are generally void of virtue, good government and hospitality. Maritime nations are in a degree acquainted with the manners and customs of other communities; the arts, sciences, politics and religion, in different sections of our earth, are investigated through the medium of intercourse by water; and every sailor is entitled to respect for the advantages derived from those who manage our concerns upon oceans, rivers and lakes, without regard to distance, temperature of the air, or perils to which they are exposed.

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No. 3.—*To the Interested.*

GENTLEMEN—Having been repeatedly solicited by respectable officers of vessels, and others, to frame a treatise upon the art of preserving the healthy action of the various parts of the human body, and the most successful me-

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any climate, will prove baneful; also, sleeping where the light of the moon can shine upon the face, going into cold water while hot, or while in a perspiration, or sitting or standing where the wind will affect the surface of the body, walking in the damp evening air, or drinking cold water when very hot or sweaty, will cause disease.

Oranges, or any kind of fruit in a warm state of the air, in any climate, and late meals, ought to be eaten with great caution; unripe fruit also injures digestion. Sudden transition from hot to cold, or from cold to hot, and breathing where the air is confined, or where persons are sick, *without the apartment is well ventilated*, or being where charcoal is burning in a confined situation, or where animal or vegetable substances are in a fermenting, or in a putrid state, will create disease. Sleeping in a small room, or where there are many to breathe the same air, will corrupt the blood and cause fever. *Smoking or chewing tobacco excessively injures the fibres of the stomach.* Living upon salted provision a length of time without a free use of fresh vegetables and good vinegar, especially if the water is in a

bed state or of a bad quality, will cause scorbutic complaints. Extreme costiveness cannot be indulged without evil consequences; and diarrhœa, if it is indulged a length of time, will exhaust the strength of the system.

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: No. 6.—*Air and Respiration.*

Fresh, pure air, is necessary for the support of animal life; but heated and impure air may be considered as pernicious to every human being. As long as we can fill the lungs, in the act of breathing, without any disagreeable sensation, we may judge that the state of the air is such as health requires, and not any ill consequences can be derived from such a source. *Respiration gives action to the vitals, and whatever interrupts our regular breathing must be strenuously avoided as baneful to health.*

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No. 7.—*Water.*

Water is the only natural beverage that the Deity has created, and the purer this article is



the better for every purpose and design. Good water is clear and tasteless, and free of foreign substances. Cold water is the best diluter that any person can use ; for it satisfies thirst, moderates superfluous heat, invigorates the fibres, and assists the healthy action of the vital powers, whether used at our meals or taken as a cordial, as a substitute for ardent spirit or fermented liquor. Great care should be exercised in obtaining water for any voyage, as many evil consequences have followed a neglect of this precaution.

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No. 8.—*Diet.*

It is universally understood that the strength of the body depends upon the food and other nutritious substances taken into the system, which are eaten and drank. Although we cannot always have a variety of necessaries while upon the water, yet some articles which are indispensable ought to be provided, of good quality and quantity, to answer every purpose. Bread made of flour or meal, free of change by age or circumstances, and properly

baked—sound potatoes, beans, peas, rice, Indian meal, codfish, beef, pork, and a good supply of sound vinegar—will answer as provisions for almost any voyage; although poultry, fresh fish, and so on, and recently-obtained vegetables, will ever be advantageous as a change of diet. Animal or vegetable substances which are in the least changed from a sound and proper condition to a quality that is not congenial to health, should be rejected as unwholesome.

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#### No. 9.—*Digestion.*

When substances are taken into the mouth and mixed with the saliva or spittle, by the act of chewing, and then swallowed, they unite with the juice of the stomach, and the mass is prepared to pass into the first bowel; and then by a process accomplished by the assistance of the bile, the nourishing property is separated from the dregs. Whatever facilitates the digestion of substances taken into the stomach, will be useful; and whatever retards the course of digestion, will create disease.

Regular meals, uniform exercise, and a portion of sleep every twenty-four hours, all constitutions require. Every species of ardent spirit may be considered as injurious to digestion.

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No. 10.—*Evacuations.*

The calls of nature to evacuate from the system are as momentous as the solicitations of the stomach for the reception of food. The necessary discharges are from the pores of the skin, from the urinary parts, and bowels.

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No. 11.—*Perspiration.*

It is a fact that a healthy person evacuates more substance in weight from the pores of the skin, every twenty-four hours, than is evacuated from the urinary organs and the bowels. An interruption of perspiration causes cold and many other complaints. Perspiration is assisted by suitable clothing, exercise, and keeping the feet warm.

No. 12.—*Urinary Evacuations.*

As a portion of what we eat and drink must go off by urine, it is very necessary for every individual to attend to nature's suggestion in this matter. When there is a quantity of urine accumulated so as to urge to an evacuation by night or day, postponement in such a case is improper, as it may cause suppression and inflammation. Retiring, riding or sitting a length of time, without listening to the intimation of propriety, may create much trouble.

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No. 13.—*Evacuations from the Bowels.*

After digestion has separated the dregs from the nourishing part of the food, health requires an evacuation of the excrements. One movement of the bowels in the twenty-four hours, or an evacuation every other day, will be productive of all that health demands.

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No. 14.—*Clothing.*

Such clothing as the weather renders neces-

sary for us to wear, may be considered as indispensable.

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No. 15.—*Exercise.*

Every human being requires exercise for the promotion of the secretions and excretions. Regular and moderate exercise will promote appetite and strength.

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No. 16.—*Repose.*

As exercise produces vigor, and prepares the nerves for rest, so repose suspends the action of the voluntary muscles and gives opportunity for a return of wonted tone to the general system. Adults require from five to eight hours of sleep in the twenty-four. The want of sleep generates languor. In a warm climate many are deprived of rest by the biting and stinging of gnats, during the night season, and fever is often caused by trouble of this kind. • The only security that has been practiced, which has answered the purpose in such annoying cases, is a frame of wood, covered

with a suitable kind of cloth, placed over the person while in bed. This pavilion, while it defends from the intrusion of animals which poison the skin, admits the air to enter and supply the lungs with nourishment.

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#### No. 17.—*Gratification.*

Human beings are created for gratification; and in proportion to our enjoyment we are satisfied. The appetite, thirst, social intercourse, and indulgences of every grade, so far as propriety justifies, will be inoffensive. *Sordid recreation tends to corrupt the fountain of health, and vitiate the mind.* Regularity is a barrier against the inundation of vice and depraved health.

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#### No. 18.—*Longevity.*

Human life may be protracted or curtailed, in proportion to the observance of prudence and precaution. King Solomon has left on record, that "He that taketh heed prolongeth his life." We may remark that for want of

proper care and seasonable heed, thousands have fallen victims to premature dissolution; and very many are severely afflicted with the effects of improper habits at the present time. Although the average life of seafarers does not exceed twelve years from the commencement of their calling, it is obvious that there are not any individuals better calculated to hold out to old age, from soundness of constitution, than mariners, when they commence their avocation. The fact is, there have not been any efforts made to secure the health and prolong the life of those who toil upon the water.

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No. 19.—*Influence of Weather.*

A clear or transparent state of the air, in every climate, has an influence upon the human system which tends to equalize the action of those parts that constitute life and health. A humid or moist condition of the air, relaxes the muscles and nerves and generates languor, pain, ache and discontent. A lengthy continuance of thick, misty or stormy weather, depresses the spirits, generates solitude and sus-

pension of enterprise. An invalid in pure air will be exhilarated and almost insensible of indisposition, while a person in sound health, in unfavorable weather, will realize many unfavorable sensations.

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No. 20.—*Melody.*

Not any quality can recreate the mind, repel the inordinate passions, subdue the incipitation of vice, charm the understanding and create peace, unity, harmony and friendship, like well-timed and properly-performed music. Its vivific influence upon the nervous fibres rouses the contemplations from gloom and despondency to subjects which are congenial to our welfare and felicity.

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No. 21.—*Medical.*

The Providential design of medicines, we must believe, was to remedy the afflictions of mankind, and other animals; and the sooner



disease is treated with suitable means, the greater is the prospect of cure. Delay is ever attended with uncertainty, in case of complaint.

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No. 22.—*Disease.*

When pain, ache, distress, fever, or any symptom occurs, disease has already taken place, and solicits the use of medicine.

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No. 23.—*Sea Sickness.*

The motion of a vessel while agitated in water, may produce an effect upon peculiar habits of constitution which causes fermentation of substances in the stomach; and hence it is that nausea and often vomiting occurs. Sea sickness may be beneficial; but if it is proper to prevent it from occurring, a weak solution of soda, sweetened with loaf sugar, may be drank; also cracker tea may be taken, a few tablespoonfulls at a time, as food.

No. 24.—*Climate Sickness.*

It is the case that when we leave a situation where we have been for sometime, and remove to another location, where there is a different kind of air—or when we leave a fresh air and go where the atmosphere is filled with the principle of salt—or go from a climate where we have breathed a saline air several months or years, into a fresh air, whether upon the water or land, or whether from a northern to a southern, or from a southern to a northern region—a change is produced in the circulating fluid which in many instances is congenial to health, and in many cases, especially where the lungs are diseased, a morbid operation may be produced. The unfavorable symptoms by change of climate, are, bloatedness of the lungs, dullness, heaviness, pain of the head, difficulty of breathing, and a degree of fever. As a treatment, a mild emetic, to begin with, may be taken; and then an alterative course will be of use. As an emetic, make a strong tea of camomile flowers, and to a gill of it add a heaping teaspoonfull of ipecac, and take a wine glass half full once in ten minutes until the stomach is nauseated; and then some mus-

tard seed tea may be drank, about blood-warm, and continued until the stomach is emptied of its contents; and after the operation of the emetic, corn-meal porridge may be taken as food. Then put rosemary leaves, an ounce, and Virginia snake root, the eighth of an ounce made fine, into a vessel with three pints of boiling water, and simmer to a quart, and bottle the clear liquor, and add to it four drops of oil of lavender, and shake the whole some time. A wine glass full of this medicine may be taken half an hour before eating food—morning, noon and evening. A teaspoon a little more than even full of soda may be put into a bottle with a pint and a half of cold water, and a wine glass full of loaf sugar added, and the bottle shaken; and a wine glass full taken half an hour after each meal. The meals to be regular at all times. Recruit the medicines as occasion requires. Bathing every morning, for several times in succession, will be useful.

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No. 25.—*Cholera Morbus.*

Spontaneous vomiting, attended with diar-

rhœa, characterizes this disease. All ill-conditioned state of the contents of the stomach causes this complaint. Oranges, if eaten with the rind, sour or unripe fruit, fresh meat, oysters which are in a state of change, and many other substances, may generate cholera. In all instances of this disorder there is a coldness of the extremities and a lack of perspiration. As the stomach is the organ affected in cholera morbus, and the effort of nature is to evacuate the offending cause, an emetic may be given to advantage in most cases of the kind: for purpose of which, make a strong tea of mustard seed, and to a gill of it add a large teaspoonfull of ipecac; then light some tobacco in a pipe, blow the smoke of the burning tobacco from the bowl of the pipe through the small end of it into the liquor, and then when the liquor is well tinctured with the tobacco fumes, let a wine glass half full be taken once in ten minutes until an emetic operation frees the stomach of its irritating contents. This treatment is to be assisted in its effect by the use of weak mustard-seed tea, by soaking the feet in warm water, putting a jug of hot water to the bottoms of them, and by boiling pota-

toes and putting into a woollen bag and pressing flat, and placing the bag upon the region where the distress is seated. The applications to be repeated and continued until perspiration is restored. When the sickness of stomach is relieved, twenty-five drops of laudanum and twenty drops of balsam of life may be taken once an hour until the distress ceases. As food, weak bread coffee may be drank. If thirst is excessive, a tea made of barley or crackers may be used as a beverage. When the disease is subdued, a weak tea, made of Virginia snake root, may be drank—a wine glass full once in six hours. Also, put an even teaspoonfull of soda into three gills of cold water, add a wine glass full of loaf sugar, and let a wine glass half full be taken once in five hours. If physic is needed, castor oil will answer the purpose: a tablespoonfull once an hour, until it moves the bowels may be taken.

There is danger of relapse in this disease; and prudence in the choice of food must be regarded for some length of time. Strong food, as beef, pork and potatoes, will be improper for any person to eat after a turn of this dis-

ease, until the stomach and bowels regain their tone.

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No. 26.—*Bowel Complaint or Diarrhœa.*

Diarrhœa is a disease of the bowels from irritation. Laxity of the bowels may be from ill-conditioned bile, and from substances which have been taken into the stomach. In all cases of this complaint an emetic will be proper. For purpose desired, make a tea of camomile flowers, and to a gill of it add a large teaspoonfull of ipecac, and stir; then let a wine glass half full be taken once in ten minutes until the stomach is sickened; then let the quantity of a wine glass full of mustard seed, quite strong, be drank, blood warm, once in ten minutes until the stomach is emptied of its ill-conditioned contents. And after the operation, corn-meal porridge may be drank. Then put Virginia snake root, a large teaspoon full made fine, and orange peel, a small tablespoonfull into a vessel with a pint and a half of boiling water, and simmer to a pint, and bottle, and let a wine glass full be taken before eating food, three times a day. Also put into

a vessel a teaspoonfull of good soda, a pint of water and a wine glass full of loaf sugar, and let a wine glass full be taken after each meal. Also when the bowels are irritated any time, make a weak tea of rhubarb, sweeten it with loaf sugar, and let a wine glass half full, with twelve drops of laudanum, be taken once in three or four hours until relief is produced. Let the diet be rice pudding, coffee, soaked crackers, and such other light food as the stomach will bear. Let the drink be weak cracker tea. The medicines to be recruited as occasion requires.

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No. 27.—*Dysentary.*

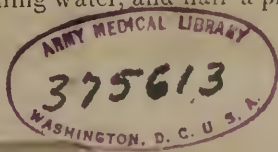
This is a disease of the bowels, attended with extreme griping pains, frequent efforts to evacuate, and a retention of the excrements, while the substances discharged are the mucous of the parts and blood. When the disease is violent, there are dryness of the skin, fever, thirst, a watery discharge, and in some instances the inner membrane of the lower bowel is forced away. In all cases of dysentary there are inflammation and soreness lo-

cally. Dysentary is a disease that gradually progresses, and the sooner it is treated with proper means, the less danger there is of a fatal termination. This complaint is often frequent in the latter part of fall; and the causes are, checked perspiration, peculiar state of the air, noxious vapors, as where many people occupy the same apartment, impure water, use of fresh animal food a length of time, especially when it is a little changed by long keeping, drinking cold water while very hot, or while in a profuse perspiration, exhalations from swampy or low places where there are decayed or decaying vegetables, eating fruit that is unripe or sour, and contagion. In all instances of dysentary, the contents of the stomach ought to be voided, then the pores of the skin opened, the extremities rendered comfortably warm, and the hardened substances in the bowels evacuated. For the first purpose, put a large teaspoonfull of ipecac into a gill of weak mustard-seed tea, and let the afflicted take a wine glass half full once in ten minutes until the stomach is moved to action; and while the emetic is in operation, mustard-seed tea may be drank freely; and after the opera-



tion corn-meal porridge may be taken as food. To the feet may be applied boiled potatoes in a woollen bag, pressed flat, and heated substances put to the bag to preserve the heat in the potatoes, and very weak camomile tea drank quite warm to assist in determining the fluids to the skin. If perspiration is not promoted by this course, omit the camomile tea, and put half a pint of boiling water into a vessel with a heaping teaspoonfull of cream of tartar, and add a wine glass two-thirds full of loaf sugar, and let this be taken; a wine glass full quite warm once in twenty minutes until sweating is moderately effected. Also, to a gill of flax-seed tea, add a teaspoonfull of laudanum and a wine glass half full of olive oil, and inject the whole into the bowels, so as to reach the parts affected, if possible, and let the same be retained as long as the case will allow. Repeat the administration of an injection thus prepared once in five hours until the extreme propensity to evacuate is subdued. Also, after the operation of the medicines mentioned, put into a vessel a large tablespoonfull of fine salt, half a pint of boiling water, and half a pint of

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good vinegar, and add half a gill of loaf sugar and stir, and give a wine glass half full once in five hours or oftener. Also, make a tea of Virginia snake root, moderately strong, and give a wine glass full once in six hours. Also, put into a vessel twelve table-spoonfull of water, an even teaspoonfull of ipecac, and four table-spoonfull of laudanum, and give a table-spoonfull once in six hours until the pain and irritation cease in degree. Let the food be, rice water, bread coffee, codfish broth, beef tea, very thin milk porridge, and tea. Let cracker tea be used as a beverage to quench thirst. When the disease is in a measure suspended, put two ounces of common salts into a vessel with a pint of boiling water, and then make a tea of senna, and put half a gill of it into the salts solution, and give a wine glass half full once an hour until the bowels are relieved of their indurated contents. After the hardened substances are discharged, another treatment will be required, for the purpose of restoring appetite and strengthening the weak parts: Put a teaspoon even full of gentian root, cut fine, into a bowl with a pint of boiling water, and when cold bottle, and let the

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afflicted take a wine glass full before eating food, three times a day. Also, put three yolks of hen's eggs into a vessel with a pint of cold water, and add half a gill of loaf sugar and stir together a while, and bottle, and let a wine glass full be taken after eating food, morning, noon and evening. Thus regularly for some time. Let the food be composed of light and nourishing articles.

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#### No. 28.—*Asiatic Cholera.*

This disease is not confined to country, climate nor circumstances, although it has never been frequent in very cold weather. The cholera began its ravages in Asia, and its resistless progress continued through various sections of that quarter of the earth, when it entered Europe, then passed to Africa, and so on to America. Devastation was its character. Cholera commences with extreme coldness, pain, distress, prostration of strength, irritation of the stomach and bowels, excessive diarrhœa, and a death-like appearance of the skin. The symptoms progress with speed in every consti-

tution; and all grades of human beings, and all ages, from the cradled infant to the most advanced in years, are candidates for the complaint when it is prevalent. Cholera is occasioned by some peculiar cause, we must admit, but the source of the disease has not been investigated, any more than the original cause of small pox. It is evident that Asiatic cholera is very contagious. When this disorder dawns, *it is the time to* commence the treatment to arrest its course; as half an hour after an attack of the malady medical means may fail of producing the desired effect. As soon as the symptom of coldness begins, powerful efforts should be made to quicken the action of the heart, arteries and veins. A tea made of cayenne pepper, as strong as the person afflicted can bear, with an equal quantity of French brandy, sweetened with loaf sugar, may be given freely. Also, twenty drops of balsam of life and fifteen drops of laudanum may be given on sugar, once an hour, until distress and spasms are subdued. Also, externally, to the region of the affected parts, apply boiled potatoes in a wollen bag, quite hot and pressed flat; repeat the application until perspiration is produced;

and then apply a mustard poultice to the region of the distress. Also the feet may be soaked in warm water, then rubbed with flannel wet in hot peppered vinegar, and then wrapped in warm flannel. The mustard poultice may be made in the following manner: stir ground mustard seed into sharp vinegar, and when quite thick add a little rye meal. This treatment to be continued along; and in addition, when the circulation is in a good degree restored, strong ginger tea may be drank freely. As food, codfish broth, porridge well seasoned with pepper, coffee, and so on, will be proper.

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No. 29.—*Spontaneous Puking.*

This complaint may occur without any evident cause; but the stomach must be irritated by something morbid in most instances, and the safest and most successful treatment in such a case is, to administer an emetic as soon as the disease occurs. For this purpose, put a large teaspoonfull of ipecac into a gill of mustard-seed tea, and give a wine glass half full once in ten minutes until it operates; and

while in operation warm mustard-seed tea may be drank, and after it corn-meal porridge taken as food will be necessary. Also, stir ground mustard seed in sharp vinegar, and when quite thick add a little rye meal, and spread the poultice upon a large rag, folded, and apply to the stomach and retain until the skin is nearly blistered; then take off and lay a flannel rag upon the part. When the stomach is relieved of its contents, make a tea of Virginia snake root, and give a little of it often.

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No. 30.—*Vomiting of Bile.*

When the liver forms more bile than the digestive powers require, it is often the case that it enters the stomach and causes extreme sickness and vomiting. The most ready way of curing this disease is by an emetic; for which purpose put a large teaspoonfull of ipecac into a gill of strong mustard-seed tea, and stir, and give a wine glass half full once in ten minutes until it operates; and after the operation weak Virginia snake-root tea may be taken: also an even teaspoonfull of soda may be dissolved in

half a pint of water, and a wine glass full of loaf sugar added, and a wine glass full drank before eating food, several times daily. Also a wine glass full of Virginia snake-root tea after each meal daily for some time, will assist in giving tone to the stomach. Diet as the stomach will bear, and meals regular.

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No. 31.—*Pain or distress of Stomach from eating fruit or food.*

Fruit or food which causes distress of stomach may do great violence to health if not evacuated immediately. In such instances an emetic will relieve and prevent future trouble. A strong tea may be made of mustard seed, and tobacco smoke blown from a pipe into the liquor, and to a gill of it a small teaspoonfull of ipecac added, and a wine glass half full taken once in ten minutes until an operation is produced; and while operating, strong mustard-seed tea, taken about blood warm, will answer the wished-for purpose. *After the operation, corn-meal porridge will be advantageous.*

No. 32.—*Colic from Wind.*

This disease may be from eating fruit, from abstinence, and many other causes. It can be cured by the following course. Put a small tablespoonfull of mustard seed into a vessel with three gills of boiling water, and keep hot and reduce to two gills; then turn off, and to the clear tea blow in from a pipe of lighted tobacco the smoke, and fill the tea with the fumes, and let the afflicted take a wine glass half full once in ten minutes until an emetic operation is produced; and apply to the region where the pain is seated a boiled-potato poultice—prepared by boiling potatoes and putting them into a woollen bag and pressing them flat. Repeat the application of the potato poultices once in ten or fifteen minutes until perspiration is produced; and then apply a warm woollen cloth to the part. As food, when the pain is overcome, weak codfish broth, tea, coffee or porridge, may be taken.

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No. 33.—*Bilious Colic.*

This painful disorder comes on with violent



turns of distress about the region of the navel, with vomiting of bile, and febrile heat. The bilious colic is generally preceded by loss of appetite, bitter taste in the mouth, and costiveness. A flow of bile from the bowels into the stomach produces sickness, puking and pain, which characterise the disease. Bilious colic may arise from morbid action of the liver, and obstruction in the intestines. If the disease continues a length of time, it may cause inflammation of the affected parts. As a treatment, apply potatoes which have been boiled to the affected region, as mentioned in case of wind colic; then give strong mustard-seed tea well filled with tobacco smoke, (as mentioned in No. 32); and also administer a tea made of mustard seed without the tobacco smoke in it—a very small quantity at a time, every few minutes; and also make a strong tea of mustard seed, sweeten it well with molasses, blow tobacco smoke in it, and give as an injection—and repeat the same once in twenty-five or thirty minutes, until relief is produced. In all instances or cases of bilious colic, commence with the boiled potatoes, for the purpose of promoting warmth and moisture to the

parts affected; then give the fumigated tea until the medicine excites action to counteract the sickness of stomach caused by the disease; and when the effect of the tea is evident, give the injection, and repeat until a cathartic effect is produced. Keep the skin warm throughout the whole surface of the body. When thirst is considerable, bread or cracker tea may be used as a beverage. The pain and distress, after the medicines have relieved the stomach and bowels of their contents, may require another treatment; and for the desired purpose, put sixty drops of laudanum and a teaspoonfull of the balsam of life into six large teaspoonsfull of weak ginger tea, and give a teaspoonfull once in half an hour until relief is obtained. Let the food be such as will digest readily without occasioning uneasiness in the stomach. Great prudence will be required for some length of time to secure the debilitated parts from a return of the disease. After the pain and distress are gone, the organs may be restored to tone by the following course: Put into a vessel gentian root, a teaspoon a little more than even full, and boiling water a pint and a half, and keep hot until the liquor is

tinctured with the bitter, then turn off and bottle. A wine glass full may be taken before eating each meal, and ten drops of balsam of life may be taken after eating each meal, three times a day.

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No 34.—*Dry Belly-Ache.*

This disease occurs with a pain, weight, and distress at the pit of the stomach, a yellowness of the skin, sickness of the stomach, and costiveness. A vomiting of acrid mucous and ill conditioned bile, succeeds after a short time. The pain frequently goes from the stomach to the bowels, where it affects the spine. Painters and those who work copper, are often afflicted with this complaint, and it is common in the West Indies, and in other warm regions. The frequency of this disease where the weather is warm and damp, proves that the liver may be the organ affected in most instances of this kind. In treating the complaint, it will be proper to relax the part affected by the application of boiled potatoe poultices as follows: Put boiled potatoes into a woolen bag and press flat, and spread upon the skin as hot as can be

endured, and exchange for a fresh poultice as often as necessary to keep the skin in a moderate degree of perspiration for a while, then apply a mustard poultice to the part, prepared by heating sharp vinegar and stirring ground mustard into it, and thickening. Retain the mustard poultice as long as the skin will bear; and then take it off, and wet a flannel with hot spirit and put upon the part and retain. Go through with this treatment daily, if necessary. An emetic will be of use as soon as the potatoe poultices have operated, to moisten the skin, and for the purpose of evacuating the contents of the stomach, and opening obstruction in the ducts of the liver, put Seneca snake-root and squills, each a large teaspoonfull made fine, into a vessel with a pint of boiling water, and simmer to a gill, and turn the liquid part from the dregs and add to it a large teaspoonfull of ipecac, and give a wine glass half full once in ten minutes, until an operation is produced; and while operating, warm water may be drank, and after the operation, corn-meal porridge may be taken; then, put gentian root, made fine, a heaping teaspoonfull into a vessel, with a pint and a half of boiling water,

and when the decoction is quite bitter, bottle it; a wine glass full may be taken before each meal, three times a day. Also—put soda, a large teaspoonfull, into a bottle, with a pint and a gill of water, and add a wine glass full of loaf sugar, and shake the bottle, and take a wine glass full, after eating food, three times a day. These two medicines are to be recruited as often as out, for some length of time. The diet must be as circumstances direct.

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No. 35.—*Costiveness.*

Salted food, hard bread, and saline air, occasion a complaint of the bowels which will require attention. Bean porridge eaten for dinner, and rye hasty pudding with molasses and vinegar eaten for supper, occasionally, will give action to the bowels. When physic is needed, a small dose of salts and a large teaspoonfull of castor oil, will move the bowels better than pills. In a warm climate costiveness predisposes to fever.

No. 36.—*Dyspepsia.*

Indigestion is a disease that is often the effect of costiveness; also, diarrhœa, a want of exercise, late suppers, going without food, irregular meals, drinking ardent spirit, excessive use of tobacco; also grief, and many other causes, may create indigestion. The tone of the stomach and bowels in all cases of indigestion is impaired, and the liver affected in a degree. As a treatment, first an emetic will be necessary. For this purpose, put Seneka snake root and squills, each a large teaspoonfull, made fine, and gum ammoniac, half an even teaspoonfull into a pint of boiling water, in a vessel, and simmer to a gill, and turn from the dregs, and add a large teaspoonfull of ipecac, and take a wine glass half full of this medicine, once in ten minutes until the stomach is sickened; and then drink some tea made of mustard seed, about blood warm, and continue to take mustard tea often until the stomach parts with its contents. After the operation of the emetic, corn-meal porridge may be drank, as food. Then, put a teaspoonfull of gentian root, and the quantity of a wine glass full of thoroughwort into a vessel with a pint

and a half of boiling water and simmer to a pint, and bottle the clear liquor, and take a wine glass full before eating each meal, three times a day. Also, put a teaspoonfull of soda into a bottle with a pint of cold water, and add a wine glass full of loaf sugar, and take a wine glass full after each meal, morning, noon, and evening; and take a wine glass full of strong hop tea at bed time every evening. The stomach may be rubbed with dry flannel, three times a day, and the feet kept warm continually. The diet is to be such as the stomach will relish and digest. The meals are to be regular, and the supper very early.

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No. 37.—*Nervous Colic.*

This is a common disease in warm climates. It commences with a heavy pain in the pit of the stomach, yellowness of the skin, loss of appetite, slight sickness, and costiveness. After the complaint has advanced, a vomiting of sour bile and a discharge of acrid mucous generally occur. The pain descends from the stomach to the bowels and affects the sides, and fre-

quently there are severe spasms. The turns of colic hold on hours, without cessation. When the disease has been in operation a length of time, the pulse becomes small, and there is much dejection of spirits. If the disease is not interrupted in its progress, the lower part of the stomach becomes hard, inflamed, and even ulcerated. In all cases of this species of colic, an early treatment will be required, and proper means used with perseverance. A sour state of the bile, and a use of acids, may cause the complaint. As a treatment externally, boil some potatoes and put into a woollen bag, and press flat, and apply and retain until somewhat cooled, then exchange for another like application, and so on until the skin is sweated, and when this takes place, apply a mustard poultice to the part, prepared as follows: Stir ground mustard into hot vinegar, and when thickened to the consistence of pudding, add a little rye meal, and spread upon a rag folded. Let the poultice be retained until the skin is nearly blistered, then take it off and rub the surface of the affected part or parts with a liniment prepared as follows: Eels' grease, spirits of turpentine, and laudanum, equal



parts of each, put into a vial and united by shaking. After the course here mentioned has been practiced once, prepare an emetic as follows: Seneka snake root and squills made fine, each, a large teaspoonfull, and boiling water a pint, and simmer to a gill and turn off, and to the liquid part add a large teaspoonfull of ipecac, and let a wine glass a third full be taken in a wine glass two thirds full of mustard tea, made somewhat strong, once in ten minutes until an emetic operation is produced; and while operating, warm water may be drank—and after the operation, corn-meal porridge may be taken as food. As an internal treatment after the emetic has been taken, put a teaspoonfull of gentian root, made fine, and a very few camomile flowers, into a bowl, with a pint and a half of boiling water, and keep hot until the tea is tinctured so as to be agreeable, and then bottle; a wine glass full may be taken half an hour before eating food, morning, noon, and evening. Put a teaspoon, a little more than even full of soda, into a bottle, with a pint of cold water, and add a wine glass full of loaf sugar, and drop into the

whole, four drops of oil of lavender, and shake well, and let a wine glass full be taken after each meal. And, as often as a turn of pain occurs, twenty drops of laudanum may be taken in mustard tea, sweetened with loaf sugar, and the same repeated once an hour until the turn is overcome. As physic, castor oil in a little weak senna tea, and sweetened with loaf sugar, may be taken. Let the diet be such as the stomach will bear. The external treatment is to be repeated every other day, until the disease is cured.

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No. 38.—*Heat of the Stomach.*

This disease is called heart-burn. The cause may be, from substances taken into the stomach, such as fruit, food that disagrees with the digestive organs, and ill state of the bile, from a disease of the liver. In a confirmed case of the heart-burn, an emetic will be necessary, and for this purpose, put into a gill of mustard tea a large teaspoonfull of ipecac, and let the afflicted take a wine glass a third full once in ten minutes, until the stomach is

excited to action, and while operating weak mustard tea may be drank; and after the operation, bread coffee with a cracker crumbed in it, may be taken as food. Such diet as the stomach relishes, will be proper. Let the meals be regular at all times. When a turn of heat of stomach comes on, fermentation may be corrected by the following medicine. Put into a bottle a small teaspoonfull of soda, a wine glass full of loaf sugar, and half a teaspoonfull of wheat flower, with a pint of water, and unite by shaking the bottle; then take a wine glass full once in half an hour until the complaint ceases. For the weakness of stomach, put into a bowl a teaspoonfull of gentian root made fine, with a larger quantity of orange peel cut fine, and take a wine glass full before eating food, morning, noon and evening. Also, put into a bottle a pint of water, a wine glass full of loaf sugar, a teaspoonfull of soda and half a teaspoonfull of wheat flour, and unite by shaking; a wine glass half full may be taken half an hour after eating food, three times a day, and a wine glass half full in the middle of the forenoon and middle of the after-

noon. Recruit the medicines as circumstances dictate.

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No. 89.—*Pain or Distress of Stomach from Wind.*

This disease may occur from abstinence or from eating food when the stomach is destitute of nutriment, also from eating improper food or fruit. Palliative means in light cases will answer the purpose; twenty-five drops of essence of peppermint, and twenty drops of laudanum in ginger tea, or on loaf sugar, may be given, and the same repeated if necessary, once an hour. Heated substances applied to the region where the complaint is seated, will be necessary. In a violent case of this kind, fill a pipe with tobacco, then light the same, put the small end of the pipe into half a pint of strong mustard tea, cover the bowl of the pipe with old woollen cloth, and blow the fumes into the tea, so as to render it well impregnated with the smoke, and let the afflicted sip of the liquor often, until it operates emetic-wise, and relieves the parts of their embarrassment. Then ginger tea, with a cracker soaked.

ed in it, may be given as food; and after the disease is cured, rice pudding, codfish cooked soft, crackers soaked in coffee, and any light, agreeable food will be harmless for several days, while the stomach is debilitated. Also, as a tonic to restore tone to the organs of digestion, a teaspoonfull of gentian root may be put into a vessel with a pint and a half of boiling water, and kept hot until the liquor is quite bitter, and then bottled, and a wine glass full taken before eating food, three times a day, and this medicine recruited.

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#### No. 40.—*Sickness of Stomach.*

Various causes may operate to create this complaint, but a treatment that will remove the contents of the stomach will answer the desired purpose in most instances of this disease; for which, make a tea of mustard seed, and, to a gill of it, add a large teaspoonfull of ipecac, and let the afflicted take a wine glass half full, once in ten minutes, until an emetic operation is produced; and while operating, warm mustard-seed tea may be drank. After

the operation of the emetic, corn-meal porridge may be taken, and, as a medical treatment to restore tone to the stomach, the following course will be necessary : Gentian root, cut fine, a teaspoonfull, and boiling water, a pint and a half, and keep hot, until the liquor is tinctured with the bitter, and then turn off and bottle; a wine glass full may be taken before eating each meal, three times a day. A teaspoonfull of soda may be put into a bottle with a pint of water, and a wine glass full of loaf sugar, and the bottle shaken, and a wine glass full of this medicine taken half an hour after eating each meal, morning, noon and evening. The diet such as the appetite relishes, and the meals regular. The medicines are to be recruited, and continued some time.

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No 41.—*Sick Head-Áche.*

Extreme pain of the head with sickness of stomach, may proceed from an ill condition of the bile, and ought in most instances to be treated as such. This disease may occur from a spontaneous cause, but in all instances

the following treatment will relieve: Put a large teaspoonfull of ipecac into a gill of mustard-seed tea, and give a wine glass half full of it once in ten minutes, until an emetic operation is produced; while operating, weak mustard-seed tea may be drank, and after the operation, water porridge will answer as food. Then put a teaspoonfull of gentian root made fine, into a vessel, with a pint and a half of boiling water, and keep hot, and reduce to a pint and a gill, and bottle, and let a wine glass full be taken before eating food; and put a teaspoonfull of soda into a bottle with a pint of water, and add a wine glass full of loaf sugar, and shake the bottle, and let a wine glass full be taken after each meal. Let the meals be regular, the feet kept warm, and the bowels free of costiveness at all times. The medicines are to be continued along some length of time.

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No. 42.—*Jaundice.*

This disease is evidenced by a yellow tinge of the skin and white of the eyes, a bitterish taste in the mouth, a clay-colored appearance

of the excrements, red urine, a disposition to sleep, tired-like sensation of the limbs, costiveness; and in some instances diarrhœa attends, also sickness of stomach and vomiting; and in all cases the joints are in pain when the individual ascends a height. The cause of jaundice is, obstruction in the passage that leads from the gall bladder into the bowels; and hence it is that the bile is absorbed and conveyed into the blood where it is not needed, and regular digestion completely deranged. The only way to cure jaundice must be to open the obstruction so that the bile can go from the gall bladder into the intestine a little below the stomach; and this must be accomplished by a direct or indirect treatment. As a direct course, make a strong tea of mustard seed, and to a gill of it add a large teaspoonfull of ipecac, and unite by stirring, and let the afflicted take a wine glass half full once in ten minutes until an emetic effect is produced, and while operating very strong mustard-seed tea may be drank, and after the operation, corn-meal porridge may be taken as food, and then, put into a vessel, Virginia snake root, made fine a large teaspoonfull, and boiling water, a large



pint, and keep hot until the liquor is strong, then bottle. A wine glass full may be taken before eating food, three times a day. Put into a mortar hard soot, from a stone or brick chimney, fine salt and black pepper, each a heaping teaspoonfull, and rub them well together, and when united add the yolk of an egg gradually, and mix into a mass, and form into pills. One of these pills may be taken after eating food, morning, noon and evening—and also a pill at bed time, every evening. If this course is continued some time, and then in addition a gill of Cypress bark, of the root of the tree, be put into a vessel and a quart of boiling water added, and the vessel kept in a warm situation until the liquor becomes well tinctured with the root, and then bottled, and a wine glass full be taken in the middle of the forenoon, middle of the afternoon, and middle of the evening—and the snake root and pills taken as mentioned—the same twenty four hours, the Jaundice may be cured in most instances. The treatment to be persevered in several weeks. Let the meals be regular and the food

such as the stomach relishes. The exercise should be uniform, daily.

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No. 43.—*Liver Affection.*

When there are pain under the shoulder blade, loss of appetite, heat of stomach, bloating of the bowels, swelling of the limbs, frequency of pulse, costiveness, and a general uneasiness, the liver is diseased. Very many circumstances operate to cause a liver complaint; and most of the instances of this disease occur without any obvious cause. In the treatment, every symptom should be taken into consideration. The stomach may be treated as follows: Boil some potatoes and put into a woollen bag and press flat and apply to the skin of the affected part, and retain until perspiration is promoted; then take off and give an emetic, as in case of jaundice; and after the operation of the emetic, corn-meal porridge may be drank. The skin may be rubbed with a flannel, wet with warm rum, for sometime. For the bloating of the lower limbs, boiled potatoes put into woollen bags and pressed flat,

may be applied to them, and heated substances put to the applications to keep them warm, and the pores of the skin by this treatment opened—and then the parts rubbed with warm dry flannel—will tend to take down the bloat. The shoulder may be sweated with boiled potatoes applied to the part; and after treating awhile as mentioned, a mustard poultice may be put upon the affected spot, and retained until the skin is nearly blistered; then a woollen rag may be wet with a liniment prepared as follows, and the skin rubbed with it for some time: Put into a vial, laudanum, neats'-foot oil, and oil of hemlock, each half an ounce, and shake together when used. The laudanum should be made of alcohol and opium. Sometimes a blister upon the affected part of the shoulder will answer a good purpose. In all cases of liver affection, the treatment proposed will be of utility. Also, put into a vessel, a pint and a half of tar, a quarter of a pound of sulphur, with two gallons of water, and stew awhile, then add two pounds of good honey and simmer, taking off the scum, until you reduce to a gallon, and then bottle. A wine glass full may be taken, morning, noon

and evening, before eating food ; and a pill, as proposed for jaundice, after eating each meal, three times a day. Also, a strong tea made of baberry bark, may be drank—a wine glass full in the middle of the fore and afternoon. The diet, such as the stomach relishes, and the meals regular. The extremities are to be kept warm, and often rubbed with dry warm flannel. The treatment to be practiced daily, after the emetic has been taken.

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#### No. 44.—*Ague and Fever.*

This disease commences with languidness, yawning, stretching, aversion to food, paleness of the face, extremities cold, pain in the back and ends of the fingers, difficulty of breathing, oppression about the chest, lips and forehead of a white appearance, nails of a livid complexion, skin shrivelled throughout the whole body, sickness of stomach, and vomiting. A turn of rigor comes on with a sense of extreme coldness, which continues from thirty or forty minutes to four or five hours, and then is followed with heat, thirst and frequency of pulse ;

and when the fever subsides sweating takes place and continues for some time. In some instances of this disorder, violent headache and delirium attend. The cause of ague and fever is exhalation from stagnant water in swampy or marshy situations. The liver is peculiarly affected in this disease. The treatment of fever and ague must be dictated by the facts which relate to the circumstances of the disorder. If the liver is the seat of this complaint, a course of means calculated to remedy the affection will answer the desired purpose. For this disease locally, first boil some potatoes and put into a woollen bag, pressing flat, and apply to the enlarged parts, and retain some time; then exchange for another quantity, and so on, until the skin is moist: then wet a small flannel rag with a liniment made of equal parts of hemlock oil, alcohol, and neats'-foot oil, properly united together by shaking in a vial, and rub the skin; then put upon the affected region a poultice prepared as follows: Heat sharp vinegar, and stir into it ground mustard, and when of the consistence of putty add a very little of rye meal to unite the whole together. Let this be retained until

the skin is nearly blistered, and then remove and place a warm flannel upon the part. Practice all this course every other morning. When this treatment has been attended to one morning, make a strong tea of mustard seed, and to a gill of it add a large teaspoonfull of ipecac, and let the afflicted take a wine glass half full of it once in ten minutes until an emetic operation is produced; and while in operation strong mustard-seed tea may be drank, blood warm; and after the operation, corn-meal porridge will be proper as food. The emetic should be taken an hour after the external treatment has been practiced, and an hour and a half before the cold fit is calculated to commence. Mustard poultices may be put to the bottoms of the feet, to assist the circulation of the blood in those parts. When a cold turn is in operation, hot cream of tartar beverage may be drank freely; and when the cold turn is off, and fever succeeds, cold cream of tartar beverage may be drank, as thirst urges. Prepare the beverage for the cold turn as follows: Cream of tartar, a small tablespoonfull, boiling water a quart, and loaf sugar a gill or less quantity; to be drank as warm as agreeable:

and the beverage for the fever may be prepared by putting cold water to cream of tartar, and adding loaf sugar—and also some lemon or lime juice. It may be proper to use the beverage acidulated with the acid any time in the course of the disease, when thirsty. Also, put a large teaspoonfull of gentian root, made fine, into a vessel with a quart of boiling water, and keep hot until the liquor is strong, then bottle. A wine glass full may be taken before eating each meal, morning, noon and evening, daily, for a week; then put sulphate of quinine, eight grains, into thirty table-spoonfull of warm water, and add a wine glass half full of vinegar, and instead of giving the gentian medicine before eating food, give a small table-spoonfull of the quinine medicine before each meal, three times a day, and give the gentian medicine after eating, three times a day. When the cold fit is threatened, omit the bitter medicines, and let the cream of tartared medicine be used. This practice as a system of treatment after the emetic has been taken. If the disease does not yield in a short time, another emetic may be taken. Let the diet be such as the stomach will admit. When the

disease is overcome by the medicines, the appetite and strength may be restored by the use of the gentian medicine before each meal, daily, for some length of time.

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No. 45.—*Loss of Appetite.*

This disease may proceed from weakness of the glands of the stomach, and from an indolent condition of the liver. In the treatment an emetic will be necessary, (prepare the stomach for the same an hour before it is administered in all cases,) as follows: Put boiled potatoes into a woollen bag and press flat, and after rubbing the skin about the parts with warm olive oil, a very little in quantity, the bag may be put on the part, and when perspiration is produced a large teaspoonfull of ipecac may be put into a gill of mustard-seed tea, and a wine glass half full taken once in ten minutes until a puking effect is excited; and while in operation weak mustard tea may be drank; and after the operation, corn-meal porridge may be taken as food. Then put gentian root, made fine, and orange peel, each a



large teaspoonfull, into a vessel with a pint and a half of boiling water, and keep hot, and reduce to a pint and a gill, and bottle. A wine glass full may be taken before eating each meal, three times a day. Also, a wine glass full of thoroughwort tea may be taken after eating each meal, morning, noon and evening. Thus much as a treatment. Diet as the stomach will admit, and the meals regular. Moderate and uniform exercise will co-operate with the medicines in restoring strength to the debilitated parts.

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No. 46.—*Lameness or Soreness of Stomach.*

A disease of the stomach, attended with lameness and soreness, may be treated as follows: First stir ground mustard seed into sharp vinegar, and when quite thick add a little rye meal, and apply to the part externally, and retain until the skin is nearly blistered; then take off and wet a flannel rag in French brandy and lay on the part. Thus every morning until the skin is somewhat irritated, and then omit the mustard poultice. When the soreness or lameness yields to the treatment, an adha-

sive plaster may be applied and continued thereon. As an internal treatment, put into a vessel Virginia snake root, and gentian root, made fine, each a teaspoonfull, and boiling water a pint and a half, and simmer to a pint and a gill, then bottle the clear liquor, and take a wine glass full before eating each meal, morning, noon and evening—and take fifteen drops of balsam of life, on sugar, after eating each meal, three times a day. Let the food be such as the stomach relishes, and the meals regular.

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No. 47.—*Cramp of Stomach.*

This disease occurs with extreme pain like spasm. Wind, fruit, ardent spirit, food that is hard of digestion, and many other causes, may generate this complaint. As soon as circumstances will admit, boil potatoes, put them into a wollen bag, press flat, and apply to the region of the stomach and retain until the skin is moist, then rub the part with warm laudanum and give an emetic immediately. Prepare the emetic as follows: Stew mustard in water and make a strong tea; then fill the

bowl of a pipe with cut tobacco well dried, light the tobacco, put the bowl of the pipe covered with woollen cloth to the mouth, and blow the fumes of the burning tobacco with the small end of the pipe in half a pint of the mustard tea, and fill the tea with the fumes, and let the afflicted take a wine glass full of this medicine once in ten minutes until the stomach is freed of its contents, then some weak porridge may be drank; and also thirty drops of laudanum and twenty-five drops of balsam of life, on sugar, may be administered. A mustard poultice put upon the external part when the potato poultice is removed, will be useful. Tea, bread coffee, and rice water, with soaked cracker in the liquor, will be necessary as food. When the cramp is gone, strengthen the stomach as follows: Put a large teaspoon-full of gentian root and two teaspoonsfull of orange peel, and a pint and a half of boiling water, in a vessel and keep hot, and when the liquor is quite tinctured with the bitter, bottle, and take a wine glass full before eating food three times a day. Twenty drops of balsam of life may be taken on sugar after each meal. The food must be such as digests without dis-

tressing the stomach, and the meals regular. Very moderate exercise will be advantageous.

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No. 48.—*Ejection of Food from the Stomach.*

The habit of raising food after eating may be from a disease of the lower orifice of the stomach, and it may be from debility of the fibres of the stomach. In the treatment of this disease, an emetic will be of use, prepared as follows: Put into a gill of mustard-seed tea a large teaspoonfull of ipecac, and give a wine glass half full once in ten minutes until it operates, and while in operation very weak mustard tea may be drank blood warm. After the operation of the emetic, bread coffee will be necessary to take as food. Also, apply to the region of the stomach, a mustard poultice prepared by stirring ground mustard in vinegar and thickening, and then adding a little rye meal to unite the whole together, and retain the poultice some time, then take off and rub the skin with a flannel wet with French brandy. Apply a mustard poultice once every day, and use the brandy as mentioned. Also, put a

Small teaspoonfull of gentian root, made fine, into a bowl with a large pint of boiling water, and keep hot, and when the liquor is quite bitter, bottle, and let the person take a wine-glass full before each meal, three times a day. Also, put an ounce of valerian root, made fine, into a convenient vessel with a quart of boiling water, and keep hot, and reduce to a pint and a half, then bottle. Let a wine glass two thirds full be taken after each meal, morning, noon and evening. A pill of the extract of hops of a large size, may be taken at bed time. Thus, regularly every twenty-four hours after the emetic has been taken. Let the food be light and the meals regular. Moderate exercise will assist the operation of the medicines.

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No. 49.—*Morbid Appetite.*

When the stomach solicits more food than health requires, the appetite may be viewed as morbid. The disease is from a condition of the stomach that requires the use of medical means. As a treatment, put into a vessel Seneka snake root, squills and mustard seed, each

a teaspoonfull made fine, and boiling water, a pint, and stew to a gill; turn the liquor from the dregs, and add to it a large teaspoonfull of ipecac. Let the afflicted take a wine glass half full of this composition once in ten minutes, until an emetic operation is produced. While operating, weak mustard seed tea may be taken, and after the operation corn meal porridge may be drank. Then put gentian root and orange peel, each a large teaspoonfull made fine, into a bowl with a pint and a half of boiling water, and keep hot until the liquor is strong, then bottle, and let the afflicted take a wine glass full before eating food, morning, noon, and evening. Also, put a teaspoonfull of soda into a bottle with a pint of water, and add a wine glass full of loaf sugar, shake the bottle, and let the afflicted take a wine glass full after each meal three times a day. A pill made of the extract of hops, soda, and wheat flour, equal parts of each united by rubbing in a mortar and then formed into pills of a good size, may be taken at bed time. Thus much as a treatment. Let the meals be regular and the exercise uniform.

No. 50.—*Protracted Cough.*

When a cough continues along month after month, it is to be considered as protracted. In all instances of affection of the lungs a suitable treatment is necessary. In case of seated cough, commence the treatment with an emetic; and prepare the emetic as follows: Put into a vessel, Seneka snake root and squills, each a large teaspoonfull made fine, and gum ammoniac and liquorice ball, each half a teaspoonfull, add a pint of boiling water and simmer to a gill, and turn off, and to the liquor add a teaspoonfull of ipecac, and let a wine glass half full be taken once in ten minutes until it operates, and while operating warm water may be drank. Then, a large pill of extract of equal parts of lettuce and liquorice may be taken before eating, three times a day, and twenty drops of equal parts of laudanum and tincture of bloodroot, on sugar, after each meal, morning, noon, and evening. A plaster may be worn upon the back between the shoulders. Let the meals be regular and the exercise moderate.

No. 51.—*Pleurisy.*

An acute pain of the side and difficulty of breathing constitute this disease. The cause is cold. In all cases of inflammation of the side, there are heat, cough, hardness of pulse, flushing of the face, chills, and a want of perspiration. The symptoms may be light when they first occur, but if a proper treatment is not practiced in season the worst of consequences may be experienced. As a treatment in case of pleurisy, bleeding is not to be dispensed with, and should be resorted to according to circumstances. Next to bleeding, the affected part should be sweated, as follows: Boil potatoes and put into a woollen bag and press flat, and apply and retain a while, then exchange for another like poultice, and practice thus until the skin is moist; then apply a mustard poultice. Prepare the poultice by stirring ground mustard seed in hot sharp vinegar until well swelled, and add a very little rye meal to unite the whole together, and retain until the skin is nearly blistered; then take off and put a blister plaster to the part, as large as a small hand, and bind on, and when the skin is well blistered, let the contents out, and to the sore



apply a plaster, made of equal parts of bee's wax and mutton tallow melted together, and spread upon a linen or cotton rag, and exchange the plaster twice in twenty-four hours until the sore is healed. Expectoration is to be promoted in this disease, by the following means: Put into a vessel, squills, Seneka snake root, and gum ammoniac, each a teaspoonfull, made fine, and liquorice ball about half a teaspoonfull, and add a pint of boiling water and simmer to half a pint, and turn from the dregs, and add to the liquor a very large teaspoonfull of ipecac, and give a tablespoonfull once in ten minutes until the cough is rendered free and the raising copious, and also until there is an emetic operation excited. Also. put cream of tartar, a table spoon even full, with a quart of boiling water, add a gill of loaf sugar, and let the afflicted sip of this beverage often, to promote perspiration. When perspiration is moderately excited, this beverage may be drank cold, to satisfy thirst. Flax-seed tea may also be drank to assist the expectoration. Sixty drops of laudanum, ten tablespoonfulls of warm water, and half an

even teaspoonfull of ipecac, may be put together, and a tablespoonfull given once an hour until pain is rendered tolerable. Let the food be liquid, such as tea, weak porridge, bread coffee, and pap water. Tamarind tea, water with lemon or lime juice added to it, and sweetened with loaf sugar will be of use to satisfy thirst. When physic is needed, castor oil or salts will be proper. When the disease is subdued by the treatment, a mild restorative course of means will answer well in the case. For this purpose, put some camomile flowers into a bowl and add boiling water, and make a tea of some strength, and turn off and bottle; and let a wine glass full be taken before eating food, three times a day, and a wine glass full of thoroughwort tea after eating each meal. Food must be very light for several weeks. Rest from every species of exercise will be needed. Great precaution must be strictly observed after pleurisy pain has subsided, as respects exposure to the weather, choice of food, drink, and all that relates to what may cause a return of the disease; for sure it is, that a return of inflammation of the membrane, that is

the seat of the complaint, is extremely dangerous.

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No. 52.—*Influenza.*

This is an inflammation of the membrane of the nose and contiguous parts. This disease comes on with chilliness or shivering, heat about the head, pain, sneezing, hoarseness, cough, fever, and discharge from the nose and eyes. Soon the breathing becomes laborious and there are pains in the limbs. The disorder many times has some alarming symptoms. The influenza is occasioned by a peculiar state of the air. In the treatment, the first course to be pursued, is, to change the circumstances of the disease and render the case manageable. For the desired purpose, dissolve a tablespoonful of saltpetre in a pint of sharp vinegar, and heat, and as the steam rises, place a tunnel over the vessel that contains the vinegar and let the fumes go into the nose and throat. Practice thus, morning, noon, and evening. Also, put Seneca snake root, squills, and gum ammoniac, each a large teaspoonfull, into a vessel with

a pint of boiling water, and simmer to a gill and a half, and turn the liquid part from the dregs, and then add a large teaspoonfull of ipecac, and let the afflicted take a wine glass half full once in ten minutes, until an evacuation from the stomach and lungs is produced; and while in operation warm water may be drank. After the operation, corn-meal porridge will be necessary as food. Then make a tea of barley, add to it a little sharp vinegar, and sweeten with loaf sugar, and let this be used freely. Also, when the bowels need physic, a large tablespoonfull of castor oil, in some water sweetened with molasses may be taken. For the cough, put a heaping teaspoonfull of liquorice root made fine, and an even teaspoonfull of flax seed, into a vessel with a pint of boiling water, and keep hot until the liquor is strong, and then add a large tablespoonfull of sharp vinegar, or some lemon or lime juice and keep hot and stir a while, then turn off and sweeten with loaf sugar, and bottle; let a wine glass half full be taken frequently. Also, when the cough is excessive, a teaspoonfull of elixir paragoric, and two teaspoonfulls of molasses, mixed together, may be taken as

circumstances urge, anytime. As a beverage to quench thirst, put a heaping teaspoonfull of cream of tartar into a pint or more of water, and sweeten with loaf sugar, and let this be drank freely. Recruit the medicines as occasion requires. Also, blister the part where pain is considerable and treat as proposed for pleurisy. Let the food be weak corn-meal porridge, bread coffee, soaked cracker, and any light agreeable articles. When the disease is subdued, strengthen the system by a mild tonic treatment; for which, put a teaspoonfull of gentian root made fine into a vessel with a pint or a little more of boiling water, and when the tea is tinctured with the bitter, bottle, and let a wine glass full be taken before eating each meal, three times a day. Also, make a weak tea of orange peel and bottle, and let a wine glass full be taken after each meal. Replenish these medicines, and let the diet be such when the disease is gone as the stomach will admit.

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No. 53.—*Lung Fever.*

This disease comes on with pain about the

parts diseased, shortness and quickness of breathing, frequency and sometimes hardness of pulse, and a dry cough. The tongue is covered with white fir, and thirst is often considerable. Chills, hot turns, and a dry skin are common in this complaint; the membrane that lines the throat and lungs is less affected in lung fever than it is in case of influenza. The causes which produce this complaint, are many; going from a hot region to a cold one without being properly prepared for such a transition; also, exposure to cold air while in perspiration, putting on damp garments, lodging or sitting in a damp or wet apartment, singing in a damp state of air, repelled humors, exertion beyond the strength to bear, exchanging thick clothes for thin ones, in cold weather, and many other practices may produce the lung fever. Early attention to proper means will be productive of relief in this disease, and procrastination will admit the disorder to become severe and difficult of management. When the pulse is hard and full, bleeding will be indispensable in lung fever; also apply a mustard poultice to the region of the lungs, and prepare the poultice as follows: Stir ground

mustard seed in sharp vinegar, and thicken, and add a very little rye meal. After the poultice has been upon the part until a blister is nearly raised it may be removed, and a blister plaster put upon the skin and secured there until a blister is well drawn, then the contents let out and a plaster composed of equal parts of rosin and hog's lard or mutton tallow melted together, applied. Dress the sore twice in twenty-four hours, with a rag spread with the salve until it is healed. Promote free raising by the following: Put into a vessel, Seneca snake root, squills, and gum ammoniac, each a common sized teaspoonfull, and liquorice ball a large teaspoonfull, made fine, with a pint and a half of boiling water, and simmer to a gill, and turn from the dregs, and add to the liquor a teaspoonfull of ipecac and stir, and let a wine glass half full be taken once in ten minutes until an emetic operation is produced, and while operating, warm mustard seed tea may be drank. After the operation of the expectorating emetic, corn meal porridge may be taken as food. Then put a small teaspoonfull of flax seed and a pint and a half of boiling water into a vessel, and keep hot a while; then

turn off, and to the tea add some good vinegar, or lemon, or lime juice, and let this liquor be drank, a wine glass half full at a time, frequently. Also, put into a vessel, elixir paragoric, syrup of squills, and weak flaxseed tea, each an ounce; and let a large teaspoonfull of this mixture be taken once an hour, until the cough is moderated in a considerable degree. As a beverage to moderate thirst, a large teaspoonfull of cream of tartar may be put into a pint and a half of cold water. and lemon or lime juice, or good vinegar added, and the liquor sweetened, and when thirst requires a beverage, this liquor may be used freely. Steaming the lungs with saltpetre dissolved in hot sharp vinegar, once or twice a day as in case of influenza, will be useful. As diet, weak corn-meal porridge, tea, bread coffee, cracker water, and other light articles of food will answer the purpose. As physic, castor oil, or a weak solution of salts in water may be taken. When the disease is lessened in violence, and a mild tonic medicine is required, put into a bowl some camomile flowers with boiling water, and when the liquor is strong, turn off and bottle, and let a wine glass full be



taken before eating food, every morning, noon, and evening. Much precaution will be required in regard to exercise and choice of food, for many weeks after the lung fever is gone, as a relapse may be productive of serious consequences. All means of taking cold are to be avoided.

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No. 54.—*Inflammation of the Lungs.*

Is attended with difficulty of breathing, pain in the region of the lungs, which in some instances is violent, pulse frequent, or full, tongue coated with a white fur, urine high colored and quantity quite small, cough often dry, and thirst considerable. Bleeding is necessary when the affection is attended with severe symptoms, and to the chest may be applied boiled potatoes in a woollen bag, pressed flat; when the skin becomes moist, a mustard poultice may be put upon the part, prepared as mentioned in case of pleurisy, No. 51. Also, when the skin is red and almost blistered by mustard poultices, a blister plaster may be applied and confined upon the part, and retained

until a blister is well raised; then the contents let out of the same and apply a rag spread with salve, prepared by melting equal parts of bees' wax and lard together. Dress the blister sore twice every twenty-four hours until healed. Let the lungs be steamed several times a day, as in case of influenza, No. 52. An expectorating emetic will be necessary to promote free raising, and for this purpose, put Seneka snake root, squills and gum ammoniac, each a large teaspoonfull, made fine, into a vessel with a pint of boiling water, and simmer to a gill, then turn off, and to the liquor add a large teaspoonfull of ipecac, and let a wine glass half full be taken once in ten minutes until an emetic operation is produced, and while operating warm water may be drank. After the operation, corn-meal porridge will answer as food. Also, when the raising is difficult, a teaspoonfull of paregoric and a little more than a teaspoonfull of syrup of squills, in some strong liquorice-root tea may be taken, once an hour until the expectoration or raising is free, and the cough moderated in degree. The paregoric and squills syrup, in liquorice or flax-seed tea, may be taken when

the cough is tedious, any time. As a beverage a large teaspoonfull of cream of tartar put into a quart of water and a gill of loaf sugar, with a little lemon or lime acid added, may be used freely to satisfy thirst. As physic, dissolve salts in water and let the afflicted take a small quantity of the solution once an hour until the bowels are moved. Let the food be, porridge, bread coffee, soaked crackers, rice pudding and other light articles, until the inflammatory symptoms subside. When the fever is gone, strengthen the system as follows: Put a small teaspoonfull of gentian root, cut fine or pounded, into a bowl with a large pint of boiling water, and keep hot until the liquor is quite bitter, then bottle; a wine glass full may be taken before each meal three times a day. Make a tea of liquorice root and raisins; let a wine glass full be taken after each meal. Thus, regularly, some time.

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No. 55. *Inflammation of the Liver.*

The symptoms of this disease are, a pain in the right side, fever, enlargement of the part

affected, difficulty of lying on the left side, dry, irritating cough, and shortness of breath. After these symptoms have continued awhile, the stomach becomes sick and puking occurs. Also there is a pain in the right shoulder. The bowels are deranged in their office, and the urine of a red and dark hue. This disease is either of an acute or chronical character. The causes of inflammation of the liver are, sudden cold, extreme hot weather, violent exercise, intemperance, contusions, suppressed diarrhœa, hard study, interrupted sleep, and excessive grief. This complaint is very frequent in warm climates. In all cases of inflammation of the liver, a thorough treatment is required, and where the disease is neglected in its early stage, incurable consequences may follow. Bleeding is necessary as soon as the symptoms dawn, and may be repeated as pain, difficulty of breathing and fever indicate. After bleeding sweating the part where the disease is seated will be necessary; for this purpose, put boiled potatoes into a woolen bag, press flat and apply to the affected region, retaining until nearly cold, then exchange for another poultice, and so on until the skin is quite moist,

then take off and apply a mustard poultice, prepared as follows: Stir ground mustard seed into sharp vinegar, thicken and stir in a little rye meal to unite the whole together, and when a blister is nearly drawn, remove the poultice, and apply a blister plaster, retaining until a blister is well raised, then let out its contents and dress the sore with a salve made of equal parts of hog's lard and bees' wax melted together, and renew the dressing once in twelve hours until the sore is healed. For the cough, put Seneka snake root and squills, each a teaspoonfull, and gum ammoniac and liquorice ball, each half a teaspoonfull made fine, into a vessel with a pint of boiling water, and simmer to a gill, then turn off from the dregs, and add to the liquor a large teaspoonfull of ipecac, and give a wine glass half full once in ten minutes until puking is moderately excited, and while in operation, warm water may be drank. After the operation, corn-meal porridge will be proper. Also put a teaspoonfull of squills syrup into a gill of weak flax-seed tea, add four teaspoonsfull of elixir paregoric, and some loaf sugar, let the afflicted take a wine glass one-third full, once in four or five

hours. For thirst, put a large teaspoonfull of cream of tartar into a pint of water, and add a wine glass full of loaf sugar and some lemon or lime juice, and use the liquor as a beverage. If the skin is dry and hot put a large teaspoonfull of cream of tartar into a vessel with a pint of boiling water, add a wine glass full of loaf sugar, and let the afflicted drink of the same often, freely and quite warm, until perspiration is produced. While drinking the cream of tartar medicine to open the pores, apply boiled potatoes to the bottom of the feet to assist the operation of the sweating medicine. Let the food be, weak coffee, tea, bread water, thin rye hasty pudding and molasses, and so on. Where pain remains obstinate, mustard poultices applied once a day, and rubbing the region with a flannel wet with liniment made of equal parts of neat's foot oil, alcohol and oil of hemlock, mixed together, will answer a good purpose. As physic, castor oil will be proper. When the pain and fever are abated, put a large teaspoonfull of Virginia snake root into a vessel with a pint of boiling water, and when the liquor is strong, bottle,

and let a wine glass full be taken before each time of taking food, three times a day.

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No. 56.—*Inflammation of the Stomach.*

This disease is attended with heat, pulsation of the affected part, tension, acute pain, which is increased by swallowing, anxiety, sickness of stomach, hiccough, intermitting small and quick pulse, thirst and costiveness. In every case of inflammation of the stomach, the cause ought to be well investigated and the treatment according to circumstances. If any sour substance taken into the stomach should be the cause, dissolve soda in water, add loaf sugar and some magnesia, and a small quantity of wheat flour, then let the afflicted drink of this liquor often and freely. Also a dose of castor oil will be of use. If a blow, a bruise, or other external circumstance should be the cause, apply boiled potatoes to the region in a woollen bag, and when the skin is well sweated, it may be rubbed with a flannel, then a mustard poultice applied, and when nearly blistered, a blister plaster may be put on and confined there,

and when a blister is raised and its contents evacuated, a plaster may be applied to the sore, made of equal parts of bees' wax and lard melted together, and the same renewed twice in twenty-four hours. Bleeding will be required in such a case. A teaspoonfull of cream of tartar dissolved in a pint of weak solution of gum Arabic and sweetened with loaf sugar, may be drank as a beverage. Bread coffee, weak porridge, tea, rice water and so on, will answer as food. Injections, as occasion calls, to evacuate the contents of the bowels, will be necessary, which may be prepared as follows: Weak water porridge, with the addition of some salt and molasses. In all instances of pain or distress, thirty drops of laudanum, in weak flax-seed tea, may be taken. When the symptoms are moderated, make a tea of camomile flowers and let the afflicted take a wine glass full of it, once in six hours.

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No. 57.—*Inflammation of the Bowels.*

This disease is attended with extreme pain



of the parts affected, sickness of stomach, vomiting, obstinate costiveness, and fever. Extreme costiveness and eating food or fruit may cause this complaint. Bleeding is always necessary in the treatment of this disease. Also, boil some potatoes and put into a woollen bag, press flat, then lay upon the affected part. Exchange for another like application when cooled, and so on until perspiration is produced; then remove, applying a mustard poultice, and continue until the skin is nearly blistered, then take off, wetting a flannel rag with warm camphorated rum and laying upon the part. If the pain continues, apply a blister plaster of a large size to the affected region; when a blister is well raised and the contents let out, apply to the sore a rag spread over with a salve made of equal parts of bee's wax and hog's lard melted together. If the thirst is considerable, put a teaspoonfull of cream of tartar into a pint of water, add some loaf sugar and a little lemon or lime juice, using the same as a beverage. Injections made of corn-meal porridge very weak, sweetened with molasses, with the addition of salt will be necessary. Barley water, rice water, corn-meal

porridge, pap water, and so on, will be necessary for food. Laudanum may be of use to ease pain, twenty-five or thirty drops at a time, in warm tea. The pores may be opened by the use of hot cream of tartared water as mentioned in case of inflammation of the liver. Castor oil as physic will be proper. When the pain is gone, a weak tea made of camomile flowers may be taken, a wine glass full before eating food three times a day.

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No. 58.—*Inflammation of the Spleen.*

The symptoms of this disorder are, pain in the left side, rigors, heat, thirst, and fever. It may occur from cold, bruise, or even from ill conditioned blood. Bleeding will be necessary, then it will be of use to sweat the part with boiled potatoes, then apply a mustard poultice, and after all a blister plaster, and when a blister is well raised and the contents discharged, a plaster may be put upon the blister sore spread on a linen rag, made of bee's wax and hog's lard, equal parts of each melted together, and renewed twice in twenty-four

hours until the parts are healed. Laudanum may be taken, twenty-five drops at a time, in strong hop tea, any time when the pain is violent. Also, put a large teaspoonfull of cream of tartar into a vessel with a pint of boiling water, add a wine glass full of loaf sugar, and let the afflicted sip of the liquor often, quite warm; also, apply a boiled potatoe poultice in a woollen bag, pressed flat, to the bottoms of the feet quite hot, continuing thus until the perspiration is freely promoted. Castor oil as physic will be proper. Let the food be corn-meal porridge, tea, coffee, rice water, and thin rye hasty pudding, with molasses. A weak beverage made of cream of tartar in water, with the addition of lemon juice and loaf sugar, use as thirst urges. When the inflammatory symptoms are gone, a wine glass full of weak camomile tea may be taken once in five hours to restore tone to the debilitated parts.

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No. 59.—*Inflammation of the Kidneys.*

This disease is attended with pain of the

part affected, deeply colored urine voided often, in small quantity at a time. Pulse frequent, thirst considerable, and the skin dry. The cause may be a bruise, cold, humor, or lifting. In the treatment, bleeding, then sweating the region where the disease is seated, and a use of mild means to lessen the heat of the part, will be proper. The quantity of blood to be taken at a time must be according to the urgency of the case. Sweat the part affected by means of boiled potatoes put into a woollen bag, pressed flat, and applied to the skin and retained until a little cooled, then another quantity of potatoes may be prepared and applied in like manner. When the skin is quite moist, the potatoe application is to be discontinued, and a woollen rag wet with warm rum put upon the part and retained. The potatoe application is to be assisted in its operation by a solution of cream of tartar in hot water with the addition of loaf sugar to, be drank quite warm and freely. Also, twenty-five drops of laudanum in warm flax-seed tea or gum Arabic water, may be taken once in six or eight hours, until the pain is much abated. Also, put a teaspoonfull of gum Arabic made fine,

into a vessel with a pint and a half of boiling water and add a teaspoonfull of cream of tartar, and let this be used as a beverage to quench thirst. As food, eorn-meal porridge, tea, bread coffee, rice porridge, and pap water will answer the purpose. When the disease is overcome, a wine glass full of weak camomile tea once in six hours may be taken.

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No. 60.—*Inflammation of the Bladder.*

This disease is attended with tightness about the parts diseased, pain, frequent desire to evacuate from the bladder, and often it is that there is a total suppression of urine. Violent exertion, retaining the urine a length of time when it ought to have been evacuated, and gravel may cause this complaint. Bleeding, and then the application of boiled potatoes as in case of inflammation of the kidneys; a free use of gum Arabic water, with thirty drops of sweet spirits of nitre, in a gill of the water, and five drops of Harlem oil on sugar, once in six hours for some length of time, may answer the desired purpose. Injections of

weak gum Arabic water into the bladder, once in six hours, will lessen the heat of the parts. Let the food be light and liquid, as in case of strangury, No 125.

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No. 61.—*Inflammation of the Brain.*

Commences with pain of the head, redness of the face, fever, eyes often much inflamed, and extreme irritability of the affected parts. Soon the afflicted becomes delirious, and light and noise occasion uneasiness and distress. The pulse is hard and full, and thirst considerable. Blows upon the head, falls, exposure to the heat of the sun, a want of necessary sleep, extreme anxiety of mind, ardent spirit, repelled humors, and many other causes may create congestion of the brain. This disease is always attended with alarming symptoms, and will run from three to seven days. The treatment must be to lessen the action of the heart and arteries, to moderate the heat of the part affected, and determine the blood from the head to the extremities. The only direct course to produce the desired effect, must be, to take

away blood from a vessel of the arm, freely, then apply linen cloths wet with cold rum to the head, and exchange often, and fan the diseased part. Also, cloths wet with a weak solution of saltpetre in water put on to the head as a change, will be necessary. Boiled potatoes put into a woollen bag and applied to the feet quite warm, also mustard poultices put to the legs, will give action to the vessels of the lower extremities. Blistering the arms will assist in determining from the brain. Salts dissolved in water, given moderately as physic will be indispensable. If the skin is dry and hot, put a large teaspoonfull of cream of tartar in a pint of boiling water, add a wine glass full of loaf sugar, then let the afflicted sip of the liquor quite warm often until sweating is produced. As a beverage to satisfy thirst, a strong tea made of tamarinds, also cream of tartar in water sweetened with loaf sugar, will be proper. Tea, bread coffee, and rice water, will answer as food. Congestion of the blood in the vessels of the brain, also effusion, may end in fatal consequences.

No. 62.—*Inflammation of the Eyes.*

Heat, redness, and irritability characterize this complaint. Reflection of heat from the water, exposure to damp, chilly, and windy weather, use of ardent spirits, night air, motes in the eyes, smoke, want of sleep, humors of various kinds, and numerous other causes may generate this disease. In all cases of inflammation there is too much heat, let the affection be seated where it will, and a treatment calculated to remedy the superfluous action of the vessels will be indicated. For which purpose, put into a vessel, white vitriol, sugar of lead, and opium, each a teaspoon even full, and rain or brook water, a pint, boiling hot, and stir often, then let it stand twelve hours and bottle the clear liquor; wet a linen rag in this medicine, and lay on the parts folded, and when dry wet again, and so on. Also, dissolve an even teaspoonfull of fine salt in half a pint of soft water, and as a change, wet a linen rag in this liquor, and lay upon the parts. Repeat the wetting several times. Thus continue, using one liquor first and then the other, alternately. Also, blister the side of the neck, and to the blister sore apply a linen rag spread



with a salve made of equal parts of hog's lard and bee's wax melted together. A large teaspoonfull of salts may be taken in water, morning, noon, and evening. Let the diet be light.

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No. 63.—*Inflammation of the Heart.*

This disorder is attended with distress of the part, violent palpitation, quick breathing and fever. Extreme fatigue, great cold, and many other circumstances cause this complaint. In the treatment, large and repeated evacuations, such as bleeding, doses of salts, free use of hot cream of tartared water sweetened with loaf sugar; also thirty drops of laudanum in a wine glass full of hop tea, once in six or eight hours until the distress is moderated to a great degree. Blistering will be of use in all cases of this disease. As a beverage to quench thirst, dissolve a large teaspoonfull of cream of tartar in a pint and a half of water, add a wine glass full or more of loaf-sugar with some lemon or lime juice. This may be used freely.

As food, tea, coffee, bread water, and weak corn-meal porridge will be proper.

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No. 64.—*Inflammation of the Throat.*

This complaint is attended with redness and heat of the parts affected, difficulty of swallowing, pains of the glands and membrane about the throat, some fever and dryness. As the complaint advances, the difficulty of swallowing becomes almost or quite suspended and the glands each side of the tongue, in the throat, much swollen and inflamed. The causes of inflammation of the throat are, sudden cold, blowing in instruments of music, singing violently, and ill-conditioned blood. In the treatment of this disease, such a course is necessary as will moderate the heat and inflammation of the parts. As a local treatment, heat some water, stir into it fine salt, as much as it will dissolve, then add corn meal, thicken the liquor and form a poultice, then stir into the whole fine salt and spread a portion of this poultice upon a rag and apply to the external part retaining it until dry, then take off and

apply a fresh poultice and retain, and so on until the inflammation subsides. Apply a blister plaster upon the side of the neck, bind on and retain until a blister is well raised, then let out its contents, dress the sore with a salve made of equal parts of lard and bees' wax melted together, and renew the plaster twice in twenty-four hours. Also, dissolve a large tablespoonfull of saltpetre in a pint of sharp vinegar and heat, place a tunnel over the vessel that contains the liquor, and while the steam rises, let the afflicted receive the same into the throat. Steam the inflamed parts every few hours with the vinegar and nitre. Also let the throat be gargled with a little of the nitrated vinegar and water every few hours. Also a large teaspoonfull of cream of tarter may be put into a pint and a half of water and a wine glass full of loaf sugar with a little lemon juice added; use the liquor as a common beverage. Also an ounce of Epsom salts may be dissolved in half a pint of boiling water, and a wine glass full taken once an hour until the bowels are moved. Let the diet be, tea, weak corn-meal porridge, rice water, and any light liquid articles of food.

When the inflammatory symptoms are much abated, a wine glass full of Virginia snake-root tea may be taken once in six hours.

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No. 65.—*Inflammation of the Tonsils.*

The tonsils are situated in the throat back of the palate, and are subject to inflammation from cold, and a bad state of the blood. In the treatment, apply a small blister plaster upon the side of the throat, externally, and when the part is well blistered and its contents discharged, apply a rag spread with tallow to the sore, and renew the dressing morning and evening. When the blister sore is healed, draw a blister on the other side of the throat, and treat with a tallowed rag. Gargle the affected parts often with a liquor composed of equal parts of vinegar and water with an addition of salt dissolved so as to render the same quite strong. Also; dissolve saltpetre in sharp vinegar and heat, and put a tunnel over the vessel, and while the steam rises take it into the throat. Fumigate thus several times in the twenty-four hours. As a beverage to

quench thirst, dissolve a large teaspoonfull of cream of tartar in a pint and a half of water, add some lemon or lime juice and some loaf sugar, let the liquor be used freely. Weak flax-seed tea may also be drank. Bleeding will in some instances be necessary. As physic, a small portion of salts will answer well. Let the diet be very mild, such as corn-meal porridge, rice water, tea, bread coffee, and whatever the circumstances will bear.

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No. 66.—*Inflammation of the Sweet Bread.*

The sweet bread is situated below the stomach, and is very liable to inflammation from blows, bruises, falls, colds and ill state of the blood. There are heat, pain, soreness and swelling of the part, in this disease. If the inflammation continues some length of time schirrous or a very diseased state of the sweet bread may be the consequence. In the treatment externally, boil potatoes and put into a woollen bag, press flat and apply to the region of the complaint; after sweating awhile, rub the skin with a small flannel rag wet with a liniment made of equal parts of the oil of hemlock,

neat's foot oil, and alcohol shaken together; a blister plaster may then be applied, and when a blister is well raised and its contents discharged, a tallowed rag may be applied. Dress the blister sore twice in the twenty-four hours. Bleeding may be necessary in this disease. Small portions of salts will be proper, as physic. As a beverage for thirst, a large teaspoonfull of cream of tartar dissolved in a pint and a half of water and a little lemon or lime juice and loaf sugar added, will answer the purpose. Twenty drops of sweet spirits of nitre, in a little water, may be taken once in six hours, to moderate fever. Corn-meal porridge, tea, rice water, and so on, will be of use as food. If sweating is needed in the case, dissolve cream of tartar in water, add loaf sugar and let the liquor be drank quite hot, often, until the skin becomes moist.

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No. 67. *Inflammation of the Midriff or  
Diaphragm.*

The midriff or diaphragm is situated below the lungs and above the stomach. When this

part is inflamed there are distress, great difficulty in the act of breathing, shortness of breath, heat and fever. Great cold, blows and many circumstances, may operate to cause this disease. A cure must be speedily effected or medicine will be unavailing in this complaint. Bleeding will be necessary, and it may be of use to repeat the same, in most cases of this kind. Also as a beverage, put a large teaspoonfull of cream of tartar into a vessel with a large pint of boiling water, add a wine glass full of loaf sugar, and let this be drank of often, quite warm, and at the same time a bag of boiled potatoes, pressed flat, may be applied to the region of the disease, quite hot. The cream of tartar water and the application of the potatoes to the chest at the same time, will relax the small vessels and determine the fluids to the skin. After thus treating the case, a blister plaster upon the part will be proper, and the sore dressed with a rag spread with tallow. Dress the blister sore with a tallowed rag twice in twenty-four hours until healed. Twenty drops of sweet spirits of nitre, in a little weak flax-seed tea, once in six hours, as long as the pulse indicates fever,

will be useful. If the pain is very considerable, twenty-five drops of laudanum in a strong tea made of liquorice root, will be necessary; and repeat as pain or distress requires. Tea, bread coffee, corn-meal porridge, and so on, for food, will be much better than more nutritious food. As physic, a tablespoonfull of castor oil in water wherein a large teaspoonfull of Epsom salts are dissolved will be much better than pills.

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No. 67. *Inflammation of the Testicles.*

This disease may be produced by bold, hurt humor, and any species of ill-conditioned blood. As an internal treatment, salts, as occasion calls; also put two even teaspoonsfull of crude nitre into a gill of vinegar, add a wine glass full of water and half as much loaf sugar, let the afflicted take a wine glass one-third full, with a little flax-seed tea, once in eight hours. As an external treatment, put into a vessel, salt petre, white vitriol and coperas, each a tablespoonfull, and charcoal two tablespoonsfull, into a vessel with three pints of boiling water, stir them, and when dissolved and set-



bled turn off—then apply a rag folded in this liquor, about blood warm. Repeat the application as often as the rag dries. Also, apply a boiled potato poultice to the part, and retain until perspiration is produced. Let the diet be mild, such as corn-meal porridge, tea, rice pudding, and so on.

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No. 69.—*Inflammation of the Ear.*

This disease may be the effect of contusion, cold, humor, and many other circumstances. An external treatment will be required in all instances of the complaint. For the purpose desired, warm some citron ointment and rub the inflamed parts, then wet a linen or cotton rag, folded in liquor prepared as follows, and lay upon the parts: Put into a vessel a small teaspoonfull of sugar of lead to a pint of water and stir. Repeat the wetting as often as the rag dries, and apply the citron ointment three times in the twenty-four hours. If there is ill-conditioned blood in the case, put rosemary leaves and sarsaparilla root made fine, each an ounce, and water two quarts, and sim-

mer to three pints, then turn off and bottle the liquor. Let a wine glass full be taken before eating food three times a day, and half a teaspoonfull of salts in water after each meal, morning, noon and evening. Thus some length of time. Diet about as usual.

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No. 70.—*Inflammation of the Nose.*

This disease may be from various causes, but the following treatment will succeed in producing the desired effect. Every morning, noon and evening warm some citron ointment and rub the part affected, and wet a linen rag in weak mineral water and moisten the diseased part often. Prepare the mineral water as follows: Put a teaspoon even full of sugar of lead into half a pint of soft water. If the blood requires a treatment to change its state, put half an ounce of sarsaparilla and an ounce of rosemary leaves made fine, into a quart of boiling water in a vessel, and simmer to a pint and a half, then bottle the clear liquor, and take a wine glass full before eating food three times a day. Diet according to circumstances.

No. 71.—*Inflammation of the Mouth.*

A local disease may require a treatment that will renovate the state of the blood; and in most instances of inflamed condition of the mouth a general treatment will be necessary. For the desired intention, an ounce of sarsaparilla root, two ounces of rosemary leaves, and the eighth of an ounce of Virginia snake root mode fine, may be put into a vessel with two quarts of boiling water, and simmered to three pints, then bottle, and a wine glass full taken before each meal, three times a day. Scald often and renew. Half an even teaspoonfull of salts may be taken after each meal—dissolved in water. For the disease locally. make a weak tea of flax seed, and dissolve an even teaspoonfull of sugar of lead in half a pint of it, and wash the mouth with the same often. Let the diet be mild and free of salted articles.

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No. 72.—*Inflammation of the Skin.*

Sudden check of perspiration, humors, and whatever may injure the blood, may generate an infection of the surface of the body. A

strong tea made of Virginia snake root may be drank, a wine glass full once in six hours; and an even teaspoonfull of salts in water may be taken every morning, noon and evening, as an internal treatment. Externally may be rubbed upon the skin, browned corn meal, three or four times in the twenty-four hours. As food, corn-meal porridge, bread coffee, rice pudding, and other light articles, will answer well. Let the drink be cooling.

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No. 73.—*Inflammation.*

The general symptoms of inflammation are heat, redness, quick pulse, and thirst. The general treatment must of course be, to lessen the superfluous action of the heart, reduce the heat to the temperature of health, and remove the cause of the excitement as much as possible. Blood letting will be necessary in most cases of this disease. An emetic may be given, prepared by putting a large teaspoonfull of ipecac into a gill of thoroughwort tea, and administering a third part once in ten minutes until the stomach voids its contents; and while in operation, warm water drank freely will be

useful. After the operation, corn-meal porridge will be of service as food. Then perspiration may be promoted by the following: Put a heaping teaspoonfull of cream of tartar into a vessel with a pint of boiling water, and add a wine glass full of loaf sugar; let this be drank of quite hot until the skin becomes moist. The same beverage may be drank cold, to quench thirst. A teaspoonfull of salts in water may be taken four times a day. Corn-meal porridge, rice water, tea, and bread coffee, as food, will be cooling. All stimulating substances, as ardent spirit, porter, wine, cider, and so on, may be considered very injurious in all instances of inflammatory cases.

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No. 74.—*Inflammatory Fever.*

This disease is not peculiar to climate, location, constitution, sex, nor age. In any season of the year, if a person is exposed to wind or cool air while the pores of the skin are relaxed, or while in a perspiration, or if any one goes into cold water while sweating, or enters a cold or damp situation while very warm, or

wets the feet while hot or sweaty, puts on damp or cold garments; or if a person takes off thick clothing and puts on a very thin or light dress, in cold or chilly weather, inflammatory fever may be the consequence; and evils of magnitude are occurring frequently from these sources. When perspiration is obstructed and inflammatory symptoms take place, vertigo, or giddiness of the head, chills, pain of the head, distress about the loins, throbbing of the arteries in the temples, restlessness, intense heat, thirst, sickness of stomach, dryness of the skin, oppression about the lungs, redness of the face, red urine, and the quantity evacuated scant, and often scalding, whiteness of the tongue, and pulse often very full and hard. In the treatment, bleeding is necessary; then put a heaping teaspoonfull of cream of tartar into a pint and a half of boiling water, and add a wine glass full of loaf sugar, and let the afflicted sip of this liquor quite hot and often, until perspiration is produced. The head may be wet with cold rum and fanned frequently and freely. Boiled potatoes put into a wollen bag and pressed flat may be applied to the feet quite warm, to assist in the promotion of mois-

ture upon the surface of the body. Twenty drops of sweet spirits of nitre may be administered in a little cold water, every five hours, as long as the fever rages. A large teaspoonfull of cream of tartar, put into a pint and a half of cold water, and sweetened with loaf sugar, and some lemon or lime juice added, may be used as a common beverage. Cold water sipped, a small quantity at a time, often, will be harmless. A small dose of salts to move the bowels will be a useful physic. Apply to the arm a blister plaster of the size of a small hand of an adult, and bind on and retain until a blister is well raised; then let the water out of it, and to the sore put on a rag, spread with tallow, and dress the sore every morning and evening. Thirty or more drops of laudanum in cold water may be given as occasion suggests to moderate pain, distress and uneasiness. Quietness is ever necessary in this complaint, as every species of noise or turmoil will do injury to the afflicted. Let the food be very simple, such as corn-meal porridge, tea, thin rice water, and so on. When the fever is gone and weakness only remains, a wine

glass full of weak orange-peel tea may be allowed once in six hours.

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No. 75.—*Nervous Fever.*

This disease comes on with a dullness, stupidity and an indisposition to exercise. The pulse is small and very often, frequent. The predisposing circumstances of nervous fever are, weak or relaxed state of the body, sedentary way of living, hard study, deficiency of food, and a use of an impure-qualified article, called ardent spirit. The active cause may be contagion from some source. Pure air, supply of good food, exercise, temperance, transparent water, and cleanliness, are the best securities from this disease. As soon as nervous fever is manifested by the symptoms, a proper treatment ought to be practiced without delay. To extinguish the contagious poison after it has entered the system, is impossible; but means may be used which may moderate the effects in most cases, we may believe. An emetic may be administered, prepared as follows, in almost all cases, when this disease occurs: For



this purpose put into a vessel Seneka snake root, squills, and gum ammoniac, each a teaspoonfull, and boiling water a pint, and simmer to a gill; then turn off from the dregs, and to the liquor add a large teaspoonfull of ipecac, and give a wine glass half full once in ten minutes till an operation is produced: while operating weak mustard-seed tea may be drank —after the operation, corn-meal porridge may be taken as food. When the emetic is taken, boiled potatoes put into a woollen bag and pressed flat, may be put to the feet quite warm. Also fumigate the lungs as follows: Put three ounces of saltpetre into a gallon of boiling water, and when the nitre is dissolved place the vessel in a situation where the steam can come to the face and head, and as it rises let the afflicted draw the same into the lungs in the act of breathing. Repeat this manner of steaming the lungs, morning and evening for some time. While using the saltpetre water, weak French brandy sling may be given often, a little at a time. Let the head be wet with cold rum and fanned every few hours. Keep mustard powder and scraped potatoes mixed together upon the bottoms of the feet in the form

of poultices, and exchange as often as they become dry. As a beverage for thirst, put a teaspoonfull of cream of tartar into a pint and a half of cold water, add a wine glass full of loaf sugar, and some lemon or lime juice, and let this liquor be used freely. Also, twenty-five drops of sweet spirits of nitre may be given in cold water, once in six or eight hours, when the pulse is very frequent. Cold water is always useful, even in this disease. Also, put a large teaspoonfull of Virginia snake root made fine into a vessel with a pint of boiling water, and when the liquor is quite strong, turn off and bottle, and give a wine glass full once in eight hours. When physic is needed, castor oil will do as well as any cathartic. Injections made of weak corn-meal porridge, sweetened with molasses, will answer a good purpose occasionally. Blistering the lower limbs will tend to relieve the head of congestion. If sleep is disquiet, thirty drops of laudanum in strong hop tea, may be given in the latter part of the evening. Bread coffee, barley tea, very weak broth, and corn-meal porridge, will answer as food. Nervous fever requires rest and quietness.

No. 76:—*Typhus or Malignant Fever.*

Malignant fever is attended with extreme prostration of strength, a livid flush about the cheeks and often a black complexion of the tongue, small and frequently quick pulse, skin dry and hot, urine scant in quantity, and often fetid. In malignant typhus there are some peculiar symptoms which serve to distinguish the disease from any other grade of nervous fever, which are oppression about the lungs and stomach, anxiety, sighing, grieving, teeth covered with a brown substance, breath offensive, the gums disposed to bleed, delirium and often diarrhœa. Towards the close of the disease there is vomiting of bile, and sometimes a substance evacuated that resembles coffee grounds. This disease is caused by contagion or a bad state of the air. The generative cause of typhus fever may be received into the system and remain there in an inactive state from three to six, eight, ten or even twenty days. When typhus first dawns, no time can be lost with propriety, without doing something that is necessary to lessen the operation of so formidable a disease. The first course to be practiced in case of malignant typhus, is to evacu-

ate the morbid contents of the stomach, and at the same time open the pores of the skin. For the purposes of which, put into a vessel Seneka snake root, squills and mustard seed, each a large teaspoonfull made fine or well bruised, into a pint of boiling water and simmer to a gill, then turn from the dregs, and add to the liquor a heaping teaspoonfull of ipecac and give a wine glass half full once in ten minutes until an emetic operation is produced; while in operation, warm water may be drank. To the bottoms of the feet boiled potatoes in a woollen bag pressed flat and applied quite warm, will tend to render the skin moist. After the operation of the emetic, a large teaspoonfull of cream of tartar may be put into a pint of boiling water, with a wine glass full of loaf sugar; take a wine glass full once in half an hour, quite warm, until perspiration is moderately excited. The boiled potatoes may be continued to the feet during the time the cream of tartared medicine is taken. If the pulse becomes small and the strength fails by the treatment, give French brandy sling to keep up the tone of the vessels. Also corn-meal porridge will be neces-

sary, or rice water, as food. Then put into a vessel a pint of water, a wine glass full of loaf sugar, drop into the liquor the acid of sea salt and when quite sour let the afflicted take a wine glass half full once in six hours. Also put a large teaspoonfull of Virginia snake root into a vessel with a pint of boiling water and keep hot until the tea is well tintured with the root, then turn off and let the diseased take a wine glass full once in eight hours. Also as a beverage to satisfy thirst, put a large teaspoonfull of cream of tartar into a pint and a half of water, with some lime or lemon acid, and a wine glass full of loaf sugar, let the liquor be drank freely. As physic, castor oil or a tea made of senna and anise seeds may be taken, well sweetened with molasses, a small quantity at a time, often, and as occasion requires; if the strength is prostrated, an injection made of the like materials will be proper. Corn-meal porridge or rice water, when an evacuation is produced, will be necessary. The feet are to be rendered warm by mustard and grated potatoes mixed together and kept upon the bottoms of them. The head to be wet with cold rum, and fanned often. Also blister-

ing the extreme parts will be indispensable in most cases of malignant fever. Also put a pint and a half of sharp vinegar into a vessel with a heaping tablespoonfull of saltpetre, heat, then place so that the fumes will come in contact with the surface of the skin, let the vinegar be kept hot by putting pieces of heated bricks or stones into the same often. A blanket may be placed round the afflicted person loosely and the vessel which contains the nitrated vinegar put within the same; while the operation is going on, weak French brandy sling may be administered. Let the sweating process be managed so as not to exhaust the strength of the system. It may be necessary to use the nitrated vinegar to open the pores, and at the same time to give the cream of tartared medicine to assist the operation of the same, quite warm, in the early stage of the fever. The emetic ought to be administered as mentioned, and then the other medicines, and as soon as the strength is recruited by rest, after the operation of the puking, the nitrated vinegar may be used, and if food can be taken, some porridge, weak broth, tea or coffee will answer the purpose. The apartment

where the afflicted is may be fumigated with heated nitrated vinegar every twenty-four hours. The tone of the system should be kept up by the use of tea made of gentian root and orange peel, several times daily.

The Islands in the region of Borneo, particularly Java, where the land is low and swampy, are so situated that the air is productive of fever of a low grade, and a proper treatment alone will rescue those who breathe the same from the fatal consequences of such an atmosphere. If Java fever is managed as proposed for typhus, as soon as it is manifested by the symptoms, a favorable result may be anticipated. The great reason why so many foreigners have fallen victims to fever in warm climates is, that a suitable treatment for typhus has not been made known to seafarers, by which they could be properly guided to begin right in the management of their cases. One hour of delay in the treatment of a malignant disease, or one improper course in the management of typhus, when it first occurs, may render the individual altogether out of the power of medical means to be of any use. The apartment of those who labor under the operation

of fever should be well aired and every species of noise and disturbance suppressed. Cleanliness and a change of bedding will be necessary, in all instances. Suitable attention by way of nursing will ever prove of the greatest consequence in fever.

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No. 77.—*Yellow Fever.*

Attacks those who have received the contaminating effluvia which are formed by putrid animal and vegetable substances that corrupt the air, and render the same poisonous. Also, yellow fever may be communicated by those under the operation of the disease, and by means of beds, bedding, clothing, and many other ways. The disease is more active in tropical climates than it is in northern situations. Colored persons are less subject to yellow fever than those of a lighter complexion. Women and children are but seldom afflicted with this species of fever. Those individuals who are strong, or intemperate, or exposed to damp weather, or evening air, are candidates for this disease; also, those who labor or re-



create where the air is heavy or filled with vapors, are predisposed to yellow fever. The symptoms of yellow fever are, weariness, chills, lassitude, pain in the eyes, back, and lower part of the forehead, flushing of the face, giddiness of the head, faintness, thirst, high-colored urine, and a propensity to sleep. From the symptoms we may judge that the contagion that causes the yellow fever, is of a kind which determines the blood to the brain, creates a morbid secretion of bile, produces a yellow hue upon the skin, and dark fur upon the tongue. In all cases of yellow fever there is a proneness to vomit; and this fact argues that there must be an offending something which nature inclines to evacuate, and the sooner this effort is assisted by a judicious treatment, the better in all respects: For the purpose of which, put into a vessel, Seneka snake root and squills, each a large teaspoonfull made fine, and boiling water a pint, and simmer to a gill; turn from the dregs, add to it a very large teaspoonfull of ipecac, and let the afflicted take a wine glass half full once in ten minutes, until an emetic operation is produ-

ced. While in operation, a strong tea made of mustard seed may be drank moderately warm. Also, apply to the bottoms of the feet potatoes, boiled, put into a woollen bag, and pressed flat, to assist the operation of the emetic, in opening the pores of the skin. After the afflicted has rested from the effects of the emetic, it will be necessary to use nitrated vinegar, as in case of malignant fever; also, to open the pores, so that there shall be a moderate degree of perspiration excited, every other day. Cream of tartar dissolved in hot water, and the liquor sweetened with loaf sugar, may be taken for the purpose of determining to the skin. As a treatment to determine from the head, the feet are to be stimulated by the application of ground mustard and grated potatoes mixed together, and applied to the bottoms of them, the head often wet with cold rum and fanned, and the extremities blistered. As a beverage to assuage thirst, cream of tartar in cold water, with the addition of loaf sugar and lemon or lime acid, may be drank freely. Also, put into a vessel half a pint of cold water, a wine glass full of loaf sugar, and thirty drops of acid of sea salt, and stir,

giving a small tablespoonfull once in six hours. Also, put into a vessel, a tablespoon even full of Virginia snake root, made fine, and twice the quantity of orange peel, with a pint and a half of boiling water; keep hot, and when the liquor is strong, turn off, and let the afflicted take a wine glass two-thirds full of it once in eight hours, or oftener if circumstances will admit. The surface of the skin may be rubbed with warm olive oil, daily. If there is much pain or distress, thirty or more drops of laudanum in strong hop tea, may be administered, and an additional number of drops given if necessary. If the bowels need physie, a large tablespoonfull of eastor oil may be taken, and a strong tea made of senna and anise seeds given, a small quantity at a time, sweetened with molasses, and the medicines to be assisted by injections made of senna and anise seed tea, with the addition of a little fine salt. The food should be, eorn-meal porridge, tea, rice water, bread coffee, and so on. When the fever is gone, a tea made of Peruvian bark and orange peel, may be given, a wine glass full once in six hours, moderately strong, and the acid of sea salt medicine given also, as be-

fore mentioned .Let every species of noise and whatever disturbs the afflicted be avoided.

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No. 78.—*Scarlet Fever or Canker Rash.*

This disease is of the fluids, and shows itself upon the surface of the body, in the form of an eruption. The complexion of the skin is red, and there are dryness, itching, and inflammation of the pores. The scarlet fever makes its appearance at the close of the warm season, more than at any other time, although it may occur at any season of the year. Children are oftener afflicted with this disorder than persons of adult years, although age is not a security from the complaint. Scarlet fever commences with chilliness, or shivering, head-ache, thirst, and uneasiness; after the expiration of two or three days, the throat becomes sore, swelled, and very much inflamed, and the eyes turgid. The symptoms increase for several days, and then the disease forms a crisis, or puts on much more alarming features. The pulse in case of scarlet fever indicates a degree of excitement that will determine the

blood from the heart and lungs to the surface of the body: For which purpose, put Seneka snake root and squills, each a teaspoon heaping full, and liquorice ball and gum ammoniac, each half a teaspoonfull made fine, into a vessel with a pint of boiling water and simmer to a gill, then turn from the dregs and add to the liquor a large teaspoonfull of ipecac, and let the afflicted take a wine glass half full once in ten minntes, until an emetic operation is produced. While in operation a tea made of mustard seed may be drank blood warm. Also, the lungs may be fumigated by the following treatment: Put into a vessel a quart of hot vinegar, and a large tablespoonfull of saltpetre. As the liquor steams, place a tunnel over the vessel, let the nose of the tunnel go into the mouth, and as the fumes rise, draw the same into the lungs. Thus practice several times every twenty-four hours, for some time. Also, let the throat be gargled often with a strong tea made of rosemary leaves. Externally to the throat may be applied a boiled potatoe poultice and retained until the surface becomes moist; then the potatoe poultice may be removed, and a poultice applied

prepared in the following manner: Heat some water and add fine salt to it until the water is filled with the article, or until a scum rises upon the water, then add corn-meal and thicken the liquor. Then spread the poultice upon a rag, add more salt, so as to cover the external part of the poultice, and let it be put on blood warm, and retained until dry. Exchange this poultice as often as it dries until the parts about the throat are free of inflammation and soreness. When the disease is about gone from the throat, a soft flannel may be put round the neck. To the surface may be applied, several times daily, cold rum, to lessen the heat of the skin; also, dry buck-wheat or rye meal may be rubbed upon the body often. When an application is made externally, rum sling may be given, a few tablespoonsfull at a time, quite weak. When thirst urges, flax-seed tea may be given, quite cold; also, a beverage made as follows will be harmless: Put a heaping teaspoonfull of cream of tartar into a pint of water, add some lime or lemon acid and a wine glass full of loaf sugar. All beverages will be less injurious to be taken a little warmed than they would be to take them cold,

When the fever is high. While scarlet fever is in its operation, a large teaspoonfull of Virginia snake root and two thirds of the same quantity of rosemary leaves may be put into a vessel with a pint of boiling water, and kept hot until the tea is strong, and then a wine glass two thirds full of it may be given once in three hours. If delirium is a symptom, a blister plaster may be applied upon the back below the nape of the neck, and when a blister is well raised and its contents let out, a poultice may be put upon the sore, made of ground flax seed stirred into hot water, and the same exchanged as often as circumstances require. When physic is needed, castor oil will answer the purpose, or a strong tea made of equal parts of senna and anise seeds sweetened with molasses, and given moderately until an evacuation is produced. Much caution ought to be exercised as respects the use of cathartic medicines in case of scarlet fever. The head should be wet with cold rum and fanned every few hours. If the pulse becomes small, a little good wine in some Virginia snake root tea, may be administered. If diarrhœa attends, ten drops of laudanum in some Virginia snake

root tea will be necessary as often as once in three or four hours until it is checked. Also, if there is want of sleep or if restlessness becomes considerable, thirty or more drops of laudanum in strong hop tea will be needed. As food, weak tea, bread coffee, corn-meal porridge, and so on, will be congenial. When the disease is about subsided, a tea made of gentian, moderately strong, may be given a wine glass two thirds full, three times a day.

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No. 79.—*Putrid Sore Throat.*

This complaint comes on with giddiness of the head, shivering, anxiety, sickness of stomach, restlessness, debility, a sense of weight about the lungs and stomach, thirst and heat; soon the heat increases, the face becomes flushed, the eyes inflamed, the breathing hurried, the pulse small and quick, the skin dry, mouth sore and ulcerated, the parts about the throat swelled, and sometimes extremely irritable, the head hot and painful, and there is a scarlet eruption upon the surface of the skin. Whether this disease is generated by contagion in all



instances, is doubtful, but it is communicated with readiness, and very apt to prove extremely morbid. Putrid sore throat is infectious, and children are subjects of it more than adults, in all situations. The symptoms of this disease progress for several days, and when the disease puts on a malignant form it is sure to cause alarming appearances, and the length of time that it will run is altogether uncertain. The safety in such cases depends much upon an early use of proper means. In the treatment, an emetic will be necessary, as in case of scarlet fever. After the operation of the emetic, porridge may be drank, then a strong tea of Virginia snake root may be taken, a wine glass full once in five hours. Also, put a large teaspoonfull of Peruvian bark into a vessel with a pint and a half of boiling water, keep hot until the liquor is strong, then turn off, add a wine glass full of loaf sugar and forty drops of acid of sea salt, then give a small table-spoonfull once in six hours. As a beverage to quench thirst, put a large teaspoonfull of cream of tartar into a pint and a half of water, and a little lime or lemon juice and loaf sugar. Let this be taken about air warm, or of a temperature

that will not check perspiration. Substances taken cold, in case of sore throat distemper, may be harmful. Weak flax-seed tea will be a proper liquid to use in this disorder. For the throat, as a gargle, make a very strong tea of rosemary leaves, add to it some loaf sugar and a few drops of acid of sea salt; let this be taken into the mouth and retained a short time, very often. Also, rub the external part of the throat with a strong solution of salt and vinegar, then apply a poultice, prepared as mentioned for scarlet fever, or a poultice made by dissolving salt in water, then to add corn-meal and thicken, and after all put into the whole fine salt. This treatment to be persevered in some time. Repeat the application of the vinegar well filled with salt, then the poultice every few hours. Blister parts remote from the throat, and to a blister sore apply a corn-meal poultice. The head to be wet with cold rum and fanned frequently. If physic is necessary, dissolve an even tablespoonfull of salts in a gill of boiling water, and when of the temperature of the blood, a wine glass half full may be given and a very small tablespoonfull of castor oil, once in two hours until the bowels are moved. As food, corn-meal porridge, bread cof-

fee, tea, and a little rice water, will be proper. This disease will run from five to nine days. In all cases of putrid sore throat, care should be taken to keep the afflicted clean, and free from every superfluous substance.

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No. 80. *Bilious Fever.*

This species of fever is from ill-conditioned bile. It comes on with a sense of debility, soreness of the flesh, pain, heaviness of the head, loss of appetite, sickness of stomach, frequency of pulse and clamminess of mouth. Soon, heat, thirst, turns of excessive cold and often vomiting, occur. The eyes are tinged with a yellow hue, and the surface of the skin becomes sallow. In the treatment, the objects are, to evacuate the contents of the stomach, promote a free discharge from the pores of the skin, and moderate the fever. For the purposes of which, put into a vessel Seneka snake root, squills and mustard seed, each a large teaspoonfull, made fine, with a pint of boiling water, simmer to a gill, then turn from the dregs, add a large teaspoonfull of ipecac, and give a wine glass half full once in ten min-

utes until puking is produced. While in the operation weak mustard-seed tea may be drank, and after the operation, corn-meal porridge may be taken. Also, after the emetic has operated, a large teaspoonfull of cream of tartar may be put into a vessel with a pint of boiling water, add a wine glass full of loaf sugar, then a wine glass full taken quite warm, once in half an hour, until the skin becomes moist. For the fever, a large teaspoonfull of cream of tartar put into a pint of cold water, with some lime or lemon juice and a wine glass full of loaf sugar; this liquor, used as a beverage, will be useful. The head may be wet with cold rum and fanned, as occasion requires. Blistering the extremities will be indispensable in such cases. A wine glass half full of weak camomile tea may be administered, morning, noon and evening, to keep up the tone of the stomach. If the bowels are costive, a large spoonfull of castor oil, with two teaspoonsfull of salts dissolved in water, will answer well as physic. It will be proper to repeat the dose of castor oil, once in three hours until an evacuation is produced. If necessary, injections made of weak senna tea, well sweetened with molasses, may be administered. If there is diarrhœa, ten

drops of laudanum in weak tea, made of rhubarb, once in a few hours, will answer the purpose, in most instances. If the heat of the skin is excessive, the surface will be cooled by being wet with cold rum, frequently. Let the diet be, corn-meal porridge, bread coffee, rice water, tea and so on. When the fever is gone, strengthen the system as follows: Put a teaspoonfull of gentian root made fine, and half as much orange-peel into a vessel with a large pint of boiling water, keep hot, and when the liquor is quite strong, bottle and let the afflicted take a wine glass full morning, noon, and evening, regularly. Also, let a little wine and water, sweetened with loaf sugar, be taken several times every twenty-four hours. Food ought to be taken with much prudence after the disease has subsided or a return of the fever may be the consequence.

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. No. 81. *Congestive Fever.*

Not any disease is more alarming, than that where the vessels are crowded with blood in the brain, attended with violent pain in the head, redness of the face and eyes, watchfulness, full

pulse, thirst, fever and delirium. The same causes that produce inflammation of the brain, may occasion this complaint. In the treatment of congestion of the parts of the brain, much attention will be required in every case, without delay. First, blood letting to some degree must be practised. Then the head is to be wet with cold rum, and fanned, repeatedly. Mustard poultices are to be put to the bottoms of the feet, the legs are to be blistered, a dose of salts dissolved in water to be given, and a beverage prepared by putting a tablespoonfull of cream of tartar into a quart of cold water, with the addition of lime or lemon acid and loaf sugar, to be used as a common drink as thirst urges. Also, fifteen drops of tincture of fox-glove may be given in a little cold water, once in eight or ten hours, until the pulse is lessened in its frequency. Also, when the symptoms are much reduced in their severity, it will be necessary to open the pores of the skin, and evacuate from the blood vessels, by perspiration; for which purpose, put a large teaspoonfull of cream of tartar into a vessel with a small pint of boiling water, add a wine glass full of loaf sugar, and let the afflicted drink of the liquor warm and freely until the desired

effect is produced. As food, corn-meal porridge, rice water, tea, bread coffee, and so on, will be all that the case will bear. When the inflammatory symptoms have subsided, a tea made of camomile flowers, a wine glass full, morning, noon and evening, may be given, and food that contains some nourishment allowed.

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### No. 82. *Continued Fever.*

Instances of this disease are very common in all parts of the earth where the weather is changeable. The common causes of continued fever are, great cold from going into a damp, wet, chilly or cold state of air while hot, drinking cold substances while very thirsty and heated, night air, extreme fatigue, grief, lengthy abstinence from eating food and then taking a quantity of that which is too strong for the stomach to receive, intemperate use of ardent spirit, and sudden transition of temperature of the air. The symptoms of continued fever are, lassitude, dizziness of the head, rigors, pains in various parts of the body, especially in the head and back, redness of the

face, restlessness, heat, thirst, sickness of stomach, sense of pressure about the chest and difficulty of breathing. The duration of continued fever, is from five to fifteen days. If it is protracted to a considerable length of time, delirium and other alarming symptoms are often experienced. When the disease makes its appearance by the signs mentioned, and the individual begins to yawn, stretch, and so on, if the pulse is hard and full, bleeding will be necessary, then an emetic should be administered. Prepare the puke medicine as follows: Put into a vessel, Seneka snake root and squills, each a heaping teaspoonfull, made fine, and boiling water a pint, then simmer to a gill, and turn from the dregs and to the liquor add a heaping teaspoonfull of ipecac, and give a wine glass full once in ten minutes, until it moves the stomach to action. While in operation; warm mustard-seed tea may be drank, the tea prepared by turning three gills or more of boiling water to a large spoonfull of mustard seed and keeping the same hot until the liquor is quite strong, then turn off. After the operation, corn-meal porridge may be taken. When the emetic is administered, some boiled potatoes



should be put into a woollen bag, pressed flat, and placed upon the part of the chest where the fullness is seated, and retained there quite warm to relax the rigid fibres. As a beverage to gratify thirst, a heaping teaspoonfull of cream of tartar may be put into a quart of cold water and lime or lemon acid added, and the liquor made agreeable by putting into it loaf sugar. Let this be drank freely. Also, cold rum may be used about the head and upon the surface of the body, to absorb and evaporate superfluous heat. The extremities may be blistered. Twelve drops of tincture of fox-glove, in some water, may be given once in eight hours to assist in moderating the fever; also, the pores of the skin may be opened by giving freely of a liquor prepared as follows: Put a heaping teaspoonfull of cream of tartar into a pint of boiling water and add a wine glass full of loaf sugar, and let the same be drank of often. If physic is required, castor oil, or a small dose of salts will answer the purpose. As food, cornmeal porridge, rice water, barley coffee, and so on will answer the purpose. The tone of the stomach may be assisted by a wine glass full of camomile tea once in eight hours. When

fever is gone, put an even teaspoonfull of Peruvian bark into a vessel with a pint of boiling water, and when the liquor is strong, a wine glass full once in six hours will be a good tonic. A little good wine with water will also be advantageous, several times daily.

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No. 83.—*Spasms.*

Spasms are defined to be a sudden and violent contraction of a part of the human body. The causes are various. When spasms appear, the nerves are the seat of the same. Hysterical complaints, hiccoughs, locked-jaw, and so on are included under the head of spasms. In all instances of spasms, it is proper to make a strong tea of valerian root, and give a small quantity at a time, very often; and at the same time to boil potatoes in water, then put them into a woollen bag, press' flat, and apply to the region of the stomach; and when perspiration is promoted, to rub the skin of the parts about the stomach with a flannel wet with liniment made of laudanum, neat's foot oil, and oil of hemlock, equal parts of

each, shaken together in a vial. Also, a few drops of laudanum and essence of peppermint may be given.

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No. 84.—*Nervousness and Insanity.*

All complaints of the nervous system, which cause tremors, nervousness and insanity, are to be treated with peculiar means. Where there is extreme debility and irritability, such medicines as are calculated to promote appetite and strength will be proper. For these purposes, put a teaspoonfull of gentian root, made fine, into a vessel with a pint of boiling water, and keep hot; when the liquor is quite bitter, bottle, and let the afflicted take a wine glass full before eating each meal, three times a day. Ten drops of balsam of life may be taken on sugar after eating each meal. At bed time every evening, a pill of a common size made of extract of lettuce and flowers of hops, mixed together, may be taken. Thus, regularly, some length of time. For spasms, in addition to the treatment mentioned, when spasms occur, the parts affected may be rubbed with a flannel wet with a liniment

made as follows: Put into a vial oil of hemlock, alcohol, and neats' foot oil, each one ounce, and unite by shaking. Let the liniment be used as occasion calls, once or twice in the twenty-four hours. In case of insanity, let the same medicines be used that are mentioned for the purposes of strengthening the stomach and nervous system, and let the head be wet with cold rum and fanned often. The feet are to be kept warm and dry, and a fetida pill, of the size of a large pea, taken in the middle of the fore and afternoon, and a wine glass full of strong hop tea taken at the same time. Also, great attention to the state of the bowels is required in all nervous cases. The diet should be composed of food that digests readily, without occasioning pain or distress. Cold bathing, in most instances of nervous weakness may be practiced to advantage. The only proper time for bathing, is in the morning, early. Let the person go into the water and then out immediately—wipe the skin with a woollen cloth, and dress as soon as possible; then exercise briskly, so as to give action to the blood vessels. Practice the bathing many mornings in succession. Woollen garments

ought to be worn in contact with the skin. Let the daily exercise be uniform. Mild medication will be proper in all instances of nervous debility or irritability.

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No. 85.—*Bruises, Fresh Wounds, and Punctures.*

When a part is wounded by a sharp or lacerating instrument, or bruised, the following treatment will be proper: Put into a bottle, crude saltpetre, copperas, and gun powder, each a large teaspoonfull made fine, with a pint of soft water, mix well by shaking, then wet a rag or lint in this liquor, apply to the part, and repeat the wetting several times daily. Although nitre is one ingredient in gun powder, the liquor is rendered much more effectual in its operation by an addition of the quantity of saltpetre as mentioned. If a wound becomes an ulcer by not healing immediately, it may be treated as proposed for sores of the kind mentioned in Number 88. In all instances of cuts or wounds, a diet will be proper,

that is free of salted articles, and ardent spirit will be injurious.

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No. 86.—*Felon or Whitlow.*

A felon commences at the end of a finger or between the joints. The disease is an inflammation so deep seated that it is near the bone of the affected part. There are heat, throbbing ache or pain, and great uneasiness. The cure depends upon a change of the disease. As a treatment, first make a very strong tea of indigo weed root, or for the want of this root, make a very strong tea by stewing oakum in water, and hold the diseased part in this liquor a while, and then put a handfull of wool or old woollen cloth, cut fine, and greased with lamp oil, on coals of fire or embers, in an iron vessel, and while burning, place a tunnel over the vessel so that the smoke may be concentrated, as it passes through the nose of the tunnel, and let the affected part of the limb be held over the nose of the tunnel, as near as the person can bear, and fumigate in this way some time. Repeat the whole course several

times, to excite a new action of the vessels of the diseased part; and then, when the skin is thoroughly moistened by the fumigation, a costic may be applied to the diseased part, prepared by rubbing unslacked lime in a mortar until fine, and then mixing good soft soap with it, lay a small quantity on the part, and exchange often until the pain ceases, and an opening is made into the skin, and so on, to the disease; then apply flax-seed poultices, until the felon is changed to a simple ulcer.

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No. 87.—*Sore Lips.*

This complaint is often from a diseased state of the fluids, and requires internal means. In such instances, put into a vessel rosemary leaves and Virginia snake root, each a quarter of an ounce made fine, to a quart of water, and simmer to a pint and a half, then bottle the liquor. A wine glass full may be taken morning, noon and evening, regularly. Rub the parts diseased with alum once a day: stew tobacco in tallow and make an ointment, and

keep a plaster of this on the parts, day and night.

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No. 88.—*Ringworms, Shingles, and small animals that infect the skin.*

Ringworm is a complaint that often appears in a form that requires medical attention. The real cause of this affection is altogether uncertain. It is doubtful whether ringworms have any connection with the blood or need any internal means. But external medicines are always required in such cases. As a treatment, stew tobacco in hog's lard, and make a strong ointment, and rub some of it on the part or parts every morning; also rub the part or parts with warm citron ointment, at bed time, every evening. This treatment will answer the purpose well in cases of chiegos, and in case of animals that infect the head, and other parts of the body. In many instances it will be proper to exercise some care or precaution about using cold water, being exposed to wet, chilly or evening air, after using the ointments mentioned, freely, sometime, as the pores of the



skin may be opened so as to expose to take cold.

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No. 89.—*Ulcer.*

Under the head of ulcer we mean to include all old sores. After a fresh cut has been a few days in operation, the sore will come under the head of ulcer, and may be treated as such. A simple recent ulcer will not need any other treatment than the following: Wash the part with a weak tea made of oakum every morning and evening. Then, when the sore is cleansed by the liquor mentioned, apply to it a salve made as follows: Make a strong tea of tobacco and put into a pint of it an ounce of hogs' lard, and simmer until the liquor is gone, then add bees' wax and resin, each an ounce and a half, then melt, stir and turn off. Dress the sore once or twice in the twenty-four hours with this salve. If the ulcer should contain surpluous flesh, some red precipitate may be sprinkled upon the granulations, every morning and evening; and if the fungous is not subdued by the precipitate, the parts may be

touched once a day with lunar caustic. If the limb becomes swollen, and in consequence of which the sore refuses to heal, the treatment may be as follows: Let the limb be soaked in warm water, then grate potatoes and spread on large rags, and apply about blood warm, and wrap upon the parts: exchange as often as they become dry. Continue thus until the swelling is gone; and when the limb is free of enlargement, rub the skin with a flannel wet with warm rum, morning and evening. If there is venereal affection in the case, the treatment will require some variation from what is directed. In such an instance, put into a bottle a quart of water and ten grains of corrosive sublimate, and let the ulcer be washed with this liquor twice in the twenty-four hours, and dressed with mercurial plaster once or twice every day. Also, as an internal medicine, put four grains of corrosive sublimate into an ounce of sweet spirits of nitre in a vial, and shake until dissolved; then let twelve drops be taken in a little water, every morning, noon and evening, some time before eating food. This treatment to be continued some length of time. If an ulcer becomes callous or hard, it

will require a free use of lunar caustic, once or twice a day, and also poulticing with flax-seed poultices. Prepare the poultice as follows : Stir ground flax seed in water, and when quite thick add a little rye meal. Poultices should be made over a moderate fire and stirred while making. Renew the poultice once in five or six hours. Let the poultices be continued until the parts become free of hardness. The diet should be light and easy of digestion. The drink cannot be too simple and free of stimulating articles. Wine, cider, strong beer, and ardent spirit, will be injurious in all cases of ulcerous affection.

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No. 90.—*Chops or Chaps.*

Chaps upon the hands or face may be viewed as a species of disease, and ought to be treated as such. As an internal medicine, put the large moss that is found upon old white oak trees, a large handfull, and two quarts of boiling water, and simmer to a quart and bottle the liquor: the afflicted may take a wine glass full of this article every morning, noon

and evening, some time before eating food; and let the medicine be reeruitd several times. For the complaint locally, warm balsam of fir, and put into the chapped parts at bed time every evening for a length of time. This treatment will answer the desired purpose.

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No. 91.—*Phlegmon.*

This is a disease of deep seated inflammation, and produces redness, swelling, itching, dryness, and a throbbing pain. The parts diseased are generally very hot. In all instances of this species of inflammation, the blood is in an impure state. As a treatment internally: Put into a vessel rosemary leaves and Spanish sarsaparilla, each an ounce, and Virginia snake root, the eighth of an ounce, made fine, and water, three quarts; simmer to a quart, turn off, bottle the liquor, and let the afflicted take a wine glass half full before eating food, morning, noon, and evening, and a teaspoon even full of salts at bed time every evening. Reeruit the liquid medicine. Externally as a treatment, apply boiled potatoes

in a bag, pressed flat, retain a while, and then exchange for another quantity, and so on, until sweated; then poultice the same, and treat as an abscess. After poulticing a few days, make a composition of the yolk of an egg, water, and hard soap, well mixed together, then apply and exchange as often as the mass becomes dry. Continue this treatment a day or two, and then apply flax seed poultices, and when the contents are evacuated, a salve may be used, as mentioned in case of abscess or boil. Diet, as the stomach will bear.

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No. 92.—*Abscess, or Swelling and Boil.*

When an inflammation is seated and forms a tumor that is large, it comes under the head of abscess, or swelling; and when the tumor is not so formidable nor large, we call it a boil. Abscesses and boils originate from ill-conditioned blood. Those who breathe a salt air and live upon salted food, are subject to boils and swellings. In either instance, there are heat, pain, and great sensibility of the parts. In the treatment internally, put a quarter of

an ounce of rosemary leaves and the eighth of an ounce of Virginia snake root, made fine, into a vessel, with three pints of boiling water, then simmer to a quart, turn off, bottle the clear liquor and let a wine glass full be taken, an hour before eating each meal, and a tea-spoon even full of common salts at bed time every evening. Or, put into a vessel, one ounce of Spanish sarsaparilla root made fine, and three quarts of water, then simmer to a quart and bottle the clear liquor. Let a wine glass full be taken an hour before eating food, three times a day, and a wine glass full, also, at bed time. The salts are also to be taken every evening. Let the diet be as free of salted articles as possible. Externally, first boil potatoes and put into a small bag, press flat, apply, and repeat the application, sweating the part; then spread a small piece of leather with blister plaster, and bind upon the skin in the centre of the tumor, and retain until a blister is raised; then let the contents out, and to the tumor apply a flax seed poultice, preparing the poultice as follows: Stir ground flax seed in water, heat, and when of a proper consistence, add a very little rye meal, to unite the whole

together. Exchange the poutice for a fresh one once in a few hours, until the tumor is brought to a condition of suppuration, or until it opens and discharges its contents; then apply a salve spread upon a rag, made of equal parts of lard, resin, and bees'-wax melted together.

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No. 93.—*Locked Jaw.*

This species of cramp is common in warm climates when the weather is wet. It is also frequent in a location where the air is impregnated with salt. Not any constitution nor age can be considered as secure from the disease. When it occurs, the muscles, tendons and nerves are contracted, and the parts about the under jaw are affected, and immediate attention to the complaint is required. Neglect in case of tetanus or locked jaw will ever prove hazardous. Going into the water while in a perspiration, wetting the feet in cold water, or sudden cold any way, and puncture, may occasion locked jaw. In treating this disease, the spasms or cramps are to be speedily over-

come or the worst of consequences will be experienced. If cold is the cause of the disorder, boil potatoes and put into woollen bags and press flat and apply to the bottoms of the feet, and to the large joints also about the whole body, and rub the cramped parts with a flannel wet with equal parts of olive oil and laudanum, quite warm. Also, place the afflicted individual in a chair, if practicable, and a vessel that contains a large proportion of embers or small coals of fire, under the seat, and put upon the fire a lock of wool, or a small handful of old woollen cloth cut fine, either of them well greased with lamp oil; and while the wool is burning, let the fumes come in contact with the surface of the skin: replenish with the wool until cramp or spasms cease. If puncture is the cause, smoke the wounded part over burning wool, after sweating with boiled potatoes, and after smoking apply a piece of fat raw poak to the wound; repeat the whole treatment once in four hours, until the sore becomes moist, and the process of digestion or maturation takes place in the same. When the parts wounded begin to digest, a salve made of equal parts of lard, bees' wax and resin,



melted together and spread upon lint may be applied, and the dressing exchanged once in eight hours, as long as occasion requires. Equal parts of laudanum and olive oil heated together may be rubbed upon the limb quite warm, three times in the twenty-four hours. When spasms occur, twenty drops of laudanum in hot rum sling may be repeatedly given. As food, tea, bread coffee, and porridge, will be proper. Locked-jaw may occur from three to nine days, after a puncture.

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No. 94.—*Cramp.*

As this complaint is very common and causes abundance of suffering, a successful treatment is desirable. Severe exercise and cold, are the common causes of cramp, and rubbing the part or parts with warm flannel, and then winding a ligature or string round the affected limb above the disease, retaining the ligature in the situation a short time will answer the purpose. The limb must be rendered warm and the blood kept in proper circulation.

No. 95.—*Warts.*

Warts arise without any evident cause, and may be treated as follows: Put powdered crude sal ammoniac into a vial with soft water and make a solution as strong as possible, and rub the wart or warts with this liquor often, daily. The tumors will soon disappear.

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No. 96.—*Measles.*

The characteristic symptoms of measles are, shivering or chillness, pain of the head, heaviness of the eyes, soreness of the throat, sickness of stomach, and in some instances, vomiting, the pulse often very quick, and sometimes full and hard; also the mouth becomes dry, and there are a defluxion of tears and inflammation of the eyes. Light, in case of measles, is irritating to the sight. This disease is from a cause that is peculiar in generating the complaint, and those who have had the disorder once, are secure from having it again. From three to five days of the occurrence of the symptoms, the eruption first makes its appearance upon the upper part of the forehead, then

the redness and spots gradually extend downward, and in from three to five days, reach the feet, and as the eruption passes from the head, it puts on a branny form, and the scurf finally expands throughout the surface of the skin. At the close of the disease, a diarrhœa frequently attends. As the first stage of measles is inflammatory, it is often the case that bleeding is necessary, and although the pulse may be quick, medicines ought to be administered which determine to the surface of the body in all cases. For the desired purpose, put a heaping teaspoonfull of cream of tartar into a vessel with a pint of boiling water, and add a wine glass full of loaf sugar and let the afflicted sip a little quantity of this medicine, quite warm, moderately, until the skin becomes a very little moistened by perspiration. If the stomach is sickened by the disease, put into a vessel squills, Seneka snake root, and liquorice root, each a large teaspoonfull made fine, boiling water a pint, and simmer to a gill, then turn from the dregs and add to it a large teaspoonfull of ipecac. Let the afflicted take a wine glass half full once in ten minutes until it operates as an emetic, and while in operation

a tea made of mustard seed may be drank blood warm. Corn-meal porridge may be taken. A wine glass full of Virginia snake-root tea may be taken five times in twenty-four hours. The head may be wet with cold rum often. Blistering in some cases will be useful. Let the diet be liquid and light, and the drink weak flax-seed tea. In case of much heat and thirst, cream of tartar in water, with the addition of lemon or lime juice and loaf sugar may be used as a beverage. The eruption may recede from the skin in this disease and cause headache, distress of the lungs and universal uneasiness. In instances of this kind, a strong tea made of Virginia snake root may be drank quite warm, often. If there is too little heat in the system, weak red-peppered or ginger tea may be given. When the disease has gone through its course, a very small dose of salts will be necessary. Much heed will be required after the operation of the measles, as the lungs will be in a debilitated state and liable to a deep-seated affection from the weather and other circumstances, if prudence is not regarded.

No 97. *Pain of the Ear.*

This disease may be occasioned by various causes. Cold, humor, obstruction, and ill-conditioned blood, are the most common causes of ear ache. If cold is the cause, first dip a rag in equal parts of olive oil and laudanum, and lay upon the ear so that the cavity can be filled with the liquid, then apply a boiled potatoe in a small woollen bag pressed flat to the parts and let steam, and repeat the treatment. If there is humor of the part, or if inflammation attends, the same treatment will be proper, and apply a small blister plaster upon the side of the neck under the ear, and dress the sore with an onion poultice. If obstruction be the cause, warm soap suds may be drizzled into the cavity of the ear, and then sweet oil and laudanum put into the part. If the blood is in ill state, a few salts may be taken.

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No. 98.—*Diabetes.*

This is a morbid affection of the kidneys, attended with frequent evacuations of urine of a white complexion. There are dryness of the

skin, costiveness, much appetite, thirst, and general decay of strength. The causes of diabetes are many. Often it is the case that the disease is constitutional. Blows, bruises, falls, strains, repeated colds, too free use of certain medicines and ardent spirit, are among the causes of this complaint. Luxury and habits of inactivity may create diabetes. Whatever tends to stimulate will perpetuate the complaint. In the treatment, for the weakness, put into a stone pot two quarts of cold water, and a quarter of a pound of knot grass, bruised, and three ounces of good raisins, broken open, then cover the pot with rye dough, and put into an oven of a pie heat and retain until the oven is cold, then take out, bottle the clear liquor, and add to it thirty drops of acid of sea salt, and a gill of loaf sugar. A wine glass a third full may be taken an hour before eating food three times a day, and the quantity increased at a dose by degrees. The thirst to be satisfied by cream of tartar in water with lemon juice and loaf sugar added. Diet free of liquid articles as possible. A plaster to be worn upon the back.

No. 99. *Gravel and Stone in the Bladder.*

Very few are the complaints to which human nature is subject, that baffle the use of medical means more than gravel or stone in the bladder. Gravel in the bladder causes pain, smarting, great irritation and heat of the parts, and the urine deposits a sandy substance after standing awhile in a vessel. Stone in the bladder produces peculiar sensations, such as heaviness, distress, interruption of urine in leaving the bladder and turns of faintness. In the treatment of these complaints, first apply to the region of the affection some boiled potatoes, in a small woollen bag, pressed flat, and when the skin is moistened by perspiration, put on the part a raw onion poultice prepared by grating onions and adding a very little laudanum to the pulp; renew the poultice several times. It may be proper to apply the onion poultice as proposed every day for some time. As an internal treatment, put into a bottle, a quart of good gin, half a pint of onion juice, (the red onion is the best,) a teaspoon even full of crude saltpetre, made fine, and let the afflicted take a very large teaspoonfull in some onion tea, sweetened with

loaf sugar, three times in the forenoon, and four times in the afternoon, daily. Also, ten drops of Harlem oil may be taken on sugar, in the middle of the fore and afternoon, regularly, and the afflicted may eat freely of strawberries, twice a day or oftener. This course will produce a wonderful effect in gravelly or calculus complaints. Let the diet be simple.

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. No. 100.—*Gravel in the Kidneys.*

This disease often occurs from the use of malt beer, also from ardent spirit drinking, straining, and a variety of other causes. The symptoms are, pain, soreness and lameness of the lower part of the back, also numbness of the limb of one side, sickness of stomach, and sometimes vomiting. The urine deposits a thick substance after standing awhile, and gravel is often found in the bottom of the vessel where urine has remained twenty-four hours. In the treatment, first apply a very small woollen bag to the affected part of the back filled with potatoes and pressed flat, and after sweating the skin a very little, wet a



woollen rag with a liquor prepared as follows, and lay on the part: Put into a bottle half a pint of good gin, and add to it a teaspoon even full of crude nitre, and half a gill of red onions sliced thin, and let the bottle be shaken well. Repeat the liquid application several times. Also, put into a bottle a quart of good gin, a teaspoon even full of crude nitre and half a pint of red onions sliced thin and shake often; let a large teaspoonfull be taken once an hour, and ten drops of Harlem oil on sugar four times a day, until relief is produced.

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No. 101.—*Black Tongue.*

This species of typhus fever commences with extreme prostration of strength, small and frequent pulse, dry skin and a dark colored tongue. The cause of this disease must be very peculiar, and the treatment must be such as will arrest the disease immediately or the case will prove fatal. First, an emetic may be given, and then the means mentioned for typhus fever, No. 76, may be used. The mouth may be often wet with a strong tea made of

white oak bark with a little gum Arabic dissolved in it, and also, warm rum and water may be used as a gargle.

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No. 102.—*Bleeding from the Eyes.*

When the eyes are turgid with blood, extremely, the vessels may be so broken as to cause this disease. Dissolve a small quantity of white vitriol and sugar of lead in water and apply frequently.

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No. 103.—*Bleeding from the Ear.*

This complaint is from a degree of inflammation, and may be treated as follows: Make a very weak solution of white vitriol, and drop four drops of it, blood warm, into the ear morning, noon and evening.

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No. 104 — *Bleeding from the Nose.*

When a vessel is ruptured in the nose, and

there is a copious discharge of blood from the part, burn alum on a hot slice until it is very white; then make the same very fine and fill a soft sponge fastened at the end of a stick with this powder and pass it up the nostril to the bleeding vessel, and let it remain there a while. Repeat this application several times. Also, dissolve glue in water, wet a paper with the solution and spread on the forehead, and let dry and remain there some hours.. Wet a rag in cold water and place at the nape of the neck. Also, compress the nerves of the lower part of the head quite hard. So much for this complaint.

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No. 105.—*Bleeding at the Stomach.*

This complaint may come from an evident cause, and it may come without any obvious cause. In every instance of raising blood the circumstances should be considered, and the treatment framed accordingly. If a fall, bruise, strain, or any recent accident, produces a complaint of this kind, blood letting will be necessary in most instances; and then externally may be applied a blister plaster of the size of

half a common-sized hand; and when a blister is well raised and its contents discharged, to the sore may be applied a very light poultice, prepared by stewing ground flax seed in water until very soft, and then adding to the same a little rye meal. The poultice may be exchanged for a fresh one every few hours until the surface of the sore becomes somewhat like an ulcer; and then a plaster applied to the part, made of equal parts of bees' wax and tallow melted together, and a little olive oil added, and spread upon a soft rag, and exchanged once or twice a day, until the sore is healed. If the bleeding is from an old infirmity, the operation of the arm will not perhaps be necessary. Internally may be given as much fine salt as a very large pinch of snuff in quantity, and half the quantity of saltpetre in a little molasses once in six hours until the bleeding ceases. Also, ten drops of tincture of foxglove in some red-pepper tea, may be administered once in eight or nine hours, to assist the operation of the salt and nitre. Also, a quarter of an ounce of Iceland moss may be put into a bowl with a pint and a half of boiling water, and kept hot and reduced to a pint, and

a wine glass full taken once in six hours, for a length of time. When the bleeding ceases, omit all the medicines but the moss. Let the diet be mild.

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No. 106.—*Bleeding at the Bowels.*

When this disease occurs, the cause of the complaint is to be considered. If casualty occasioned the bleeding, it will be necessary to take blood from the arm, and then to give ten drops of fox-glove tincture, and one grain of saltpetre once in six hours until the case is changed for the better. Also, in the treatment, put into a vessel a quarter of an ounce of Iceland moss and a quart of boiling water and keep hot until the liquor is very strong; then turn off and add to it a teaspoon half full of gum Arabic, made fine, and let this be used as a common beverage. Recruit as often as out, some number of times. If the bleeding is spontaneous, the same treatment will be necessary, except the bleeding in the arm. If piles is the case, an ointment made of nut-galls and lard may be applied to the part, morning and evening. The diet should be very light.

No. 107.—*Bleeding from the Lungs.*

Bleeding at the lungs from blows, falls, or from a spontaneous cause, as hard coughing, straining, or sudden exertion, requires attention speedily. Bleeding at the arm, then a small dose of salts, and then the application of a blister plaster upon the region of the complaint will be necessary, Then put a quarter of an ounce of Iceland moss, and an even teaspoonfull of gum Arabic into a quart of boiling water, keep hot until the liquor is moderately strong, then turn off, and let this be used as a common beverage, and recruited. Eight drops of tincture of fox-glove and one grain of salt-petre may be given, once in six hours, until the bleeding ceases. Also, the eighth part of an even teaspoonfull of common salt, and one grain of ipecac may be taken, with a very large tablespoonfull of strong yarrow tea, once in six hours, between the doses of the other medicines along as occasion requires. Let the food be light and liquid, and avoid exercise and stimulating articles.

No. 108.—*Inflammatory Colic.*

This complaint is from eating improper articles, drinking acid or stimulating substances, sudden exertion, great cold, and some other causes. It occurs with excruciating pain in the bowels, heat, thirst, cramp, and puking. In the treatment, bleeding is never to be dispensed with; then boil potatoes, put them into a woollen bag, press flat, then rub the skin externally with warm olive oil, apply the potatoes as hot as can be endured, and repeat the applications until perspiration is promoted. After sweating the parts, a mustard poultice may be applied, prepared as follows: Stir ground mustard in strong vinegar, thicken, add some rye meal to unite the whole, then spread a rag wet with laudanum upon the skin, lay the poultice upon the same, and retain some length of time. A weak starch injection, with a teaspoonfull of laudanum, may be administered once in four hours or oftener, until pain ceases. As food, weak porridge or rice water will answer well. When the pain ceases, a teaspoonfull of castor oil in a little molasses and water, once an hour, until it operates, will be proper.

No. 109.—*Catarrh.*

This is a disease of the mucous parts, situated in the upper part of the nose. The cause of the complaint is frequent colds. There is a discharge of mucous in this disorder, which often passes down into the throat and produces coughing. Catarrh is frequently chronical and often produces consumption. In the treatment, fill a pipe with tobacco, add six drops of oil of tar, light the same, and let the afflicted smoke the whole. Repeat several times daily. Also, dry Indigo weed root, and make very fine, and mix a large teaspoonfull of it with four times the quantity of common black snuff, and let a small pinch be used by snuffing it into the nose often, daily. Also, three drops of oil of tar may be taken on sugar, morning noon, and evening, regularly. A plaster may be worn upon the back below the nape of the neck. Food as usual, and meals regular. When the head is in pain, it will be necessary to wet it with cold rum and fan it often every day, as circumstances urge.



No. 110.—*Simple Fever.*

Every individual, from the cradled infant to the last extreme of old age, in all climates and locations, may be considered as liable to fever. Very many are the causes that produce frequency of pulse, thirst, pain, ache, distress, heat, and other symptoms of a febrile disease. Colds, humors, exposure to extreme heat of the sun, fatigue, bad condition of the contents of the stomach, bowels, or gall bladder, and want of sleep, are in the catalogue of causes of fever. In all instances of fever, the state of the pores of the skin, the condition of the stomach, bowels, and urinary organs, are to be taken into consideration, before a treatment can be devised with propriety. If the pores are closed and the skin quite hot, apply to the bottoms of the feet boiled potatoes in woollen bags pressed flat, and as warm as the feet will bear; wet the head with cold rum and fan it often, and the same time, give an emetic to evacuate the contents of the stomach. Prepare the puke medicine as follows: Put Seneka snake root and squills, each a very large teaspoonfull, into a vessel with a pint of boil-

ing water, and simmer to a gill, turn from the dregs, and add to the liquid part, a heaping teaspoonfull of ipceae, and give a wine glass half full once in ten minutes until an evacuation is produced, and while in operation, warm mustard seed tea may be drank. After the operation eorn-meal porridge may be taken. Then, put into a vessel a heaping teaspooufull of cream of tartar, with a pint of boiling water, add a wine glass full of loaf sugar, and let this be sipped often, quite warm, to produce a determination to the surfaee of the skin. If the bowels are in the least costive, after the system is puked and sweated, put an even teaspoonfull of senna into a vessel with three gills of boiling water, keep hot, and when the tea is strong, turn off, and dissolve in it an ounce of salts; let the afflicted take a wine glass full once an hour, until the bowels are moved to a moderate action in a manner that is required to discharge their contents. This course will generally succeed in all cases of common fever. Throughout the course of common fever, the head will need to be wet often with cold rum, and fanned; the thirst will require a cooling and agreeable beverage, be-

sides the use of cold water, and in this respect the afflicted should be gratified. Cold water is nature's beverage. The Romans, Grecians, Babylonians, Persians, and all the healthy nations who were famous for activity, used cold water externally and internally in instances of fever. As a beverage, to assist in moderating heat and thirst, cream of tartar in cold water, with the addition of loaf sugar and lemon or lime juice, or some very agreeable acid, may be allowed liberally. The tone of the stomach may be continued by a decoction of Iceland moss, a wine glass full once in six or eight hours, and the medicine prepared as follows: Put a quarter of an ounce of the article into a vessel with a pint and a half of boiling water, and let remain hot until reduced to a pint, then turn off and bottle. The food for those afflicted with fever cannot be too simple. Corn-meal porridge, tea, rice water, barley coffee, and so on, will be proper. It may be remarked, that common fever will generally yield to the treatment here proposed; but in some instances the urinary organs may be diseased, and need an additional set of means. A solution of gum Arabic in water may be drank

freely, and also six drops of oil of juniper on sugar and some strong juniper berry tea may be taken. Blistering the extreme parts in case of fever sometimes answers well. Good air, clean apartment and bedding, must be enjoined in every instance of fever. Nursing is of the greatest consequence, and cannot be neglected with propriety.

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No. 111.—*Phthisis.*

Consumption of the lungs may be known by general wasting away of the strength and flesh, pain in the side or chest, cough, hectic fever, and turns of cold succeeded by flashes of heat. The causes are numerous. Hereditary disposition, long neck, prominent shoulders and narrow chest, are among the natural excitors of this disease. Scrofula, catarrh, uncured cough from cold, and a variety of circumstances may operate to create consumption of the lungs. The treatment of phthisis may be according to circumstances, and the form of managing the disease may be understood by the treatment of consumption, No. 117. The dis-

case is ever incurable in its third and last stage.

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No. 112.—*Hectic Fever.*

This is a frequent disease in every climate where cold weather is experienced. The pulse in all cases of hectic fever, is frequent and peculiar, and the breathing less free and long than health requires. It is often the case that cough, soreness about the chest, pain of the side and shoulder, chills succeeded by hot turns, and then sweating, are symptoms in this disorder; and where the fever is confirmed, there is an affection of some of the vital parts, which gave rise to the complaint. Changes of temperature of the air, wetting the feet, being exposed to damp or chilly weather, or any cause that can produce a cold, may induce a disease of the lungs or liver, and cause hectic fever. This disease must be attended to in season, or a cure cannot be performed. As a treatment, put Seneka snake root, squills and liquorice root, each a large teaspoonfull made fine, and gum ammoniac, half an even teaspoonfull, into a pint of boiling water, in a ves-

sel, and simmer to a gill, then turn off, and to the liquor add a large teaspoonfull of ipecac and stir, and let the afflicted take a wine glass half full once in ten minutes until an emetic operation is produced; while operating, warm mustard-seed tea may be drank: and after the operation corn-meal porridge may be taken. Then put Iceland moss, a quarter of an ounce, into a vessel with a pint and a half of boiling water, and keep hot, and reduce to a pint, then bottle the clear liquor, and let the afflicted take a wine glass full a short time before eating each meal, three times a day. Also, put a heaping teaspoonfull of gum Arabic, made fine, into a vessel, and add a pint and a half of boiling water, and keep hot and stir, and put into the liquor a teaspoonfull of lime or lemon juice, and two thirds of a gill of loaf sugar, then cool and bottle, and give a wine glass full after eating each meal. Also, as a common beverage, put a heaping teaspoonfull of cream of tartar into a vessel with a pint and a half of cold water, and add loaf sugar and a little lemon or lime juice to render the liquor agreeable, and let this be used freely to quench thirst. When a severe turn of coughing comes

on, any time, six drops of the tincture of fox-glove may be taken on loaf sugar. At bed time every evening a pill may be taken, composed of the extract of lettuce and opium, each three quarters of a grain; and at the same time some strong hop tea may be drank. The treatment to be regularly attended to, and attention at the same time paid to diet and exercise. Such food as the stomach relishes and imparts with readily, will be harmless; and such exercise as the case will bear under the circumstances will answer a good purpose. Quietness and composure of mind are required in all cases of hectic fever. The bowels should be free of costiveness, and also restrained from diarrhœa.

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No. 113.—*Asthma.*

This disorder is a difficulty of breathing that occurs by turns or paroxysms. In most instances of the disorder there is a constitutional predisposition to the same. The most direct treatment for asthma is to apply a potato poultice to the chest, quite warm, and when the pores are opened, to wet a flannel rag with lin-

iment made by putting strong landanum, neats' foot oil and spirits of turpentine, equal parts of each together, and then to rub the skin with this medicine for some time. Also, put Seneka snake root and squills, each a large teaspoonfull, into a vessel with a pint of boiling water, and simmer to a gill, then turn the liquor part from the dregs and add to it a large teaspoonfull of ipecac, and let the afflicted take half a wine glass full once in ten minutes until an emetic operation is excited: and while in operation a liquor may be drank prepared as follows: Put mustard seed, a large teaspoonfull, and gum ammoniac, an even teaspoonfull, into a pint of boiling water in a vessel, and simmer to three gills, and turn off. After the operation corn-meal porridge may be drank. Then put a quarter of an ounce of Iceland moss into a vessel with a pint and a half of boiling water, and simmer to a pint and bottle the clear decoction, and let a wine glass full be taken before each meal, morning noon and evening. Ten drops of tincture of blood-root and eight drops of tincture of fox-glove may be taken on sugar after each meal, three times a day. Also, the extremities may be rubbed with flannel



wet with red peppered vinegar at bed time every evening, and at the same time a wine glass full of strong hop tea drank. The emetic to be repeated if necessary. Let the diet be light and the meals regular. Damp weather and evening air to be avoided. The exercise should be in pure air, away from dust and fumes, and uniform.

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No. 114.—*Hooping Cough.*

This disease is produced by a contagious cause, and is infectious where the individuals have not been subjects of its operation. The hooping cough comes on with a difficulty about the throat in the act of drawing in the breath, some thirst, a little hoarseness, cough, and very often a deficiency of expectoration. These symptoms continue along for two or three weeks, and then the cough becomes more tedious, and there is a peculiar sound in taking the air into the lungs. When the disease has reached its second stage, it generally remains some weeks without much alteration, as respects the cough and stricture about the head

of the wind-pipe. Cold weather is unfavorable in such cases. As a treatment, the endeavors should be to relax the stricture at the entrance into the wind-pipe, and promote free raising of the mucous. For these purposes, put a boiled potatoe into a small woollen bag, and press flat, and apply to the external part of the throat, and retain until the skin is moist, and then wet a flannel rag with a liniment prepared as follows, and rub the skin with it some time: Put into a vial, neats' foot oil, oil of hemlock, and laudanum, equal parts of each—the laudanum should be made of opium dissolved in alcohol. After the parts have been thus treated, flannel should be applied round the neck and worn. The external parts are to be rubbed once or twice every twenty-four hours with the same liniment. Internally, give to an adult a wine glass full of a compound expectorant, once in ten minutes, until it operates as an emetic. Prepare the expectorant as follows: Put into a vessel, Seneka snake root, squills, and gum ammoniac, each a large teaspoonfull, and boiling water, a pint, and simmer to a gill, then turn off and to the liquor add a very large teaspoonfull of ipecac,

and stir sometime. This medicine may be taken blood warm. A pill made of equal parts of extract of lettuce and squills, mixed together, may be taken every morning, noon, and at bed time, in a little flax-seed tea sweetened with loaf sugar. The emetic to be repeated as occasion calls. Let the diet be such as will not offend the stomach. When a turn of coughing comes on with a laborious effort to receive the air into the lungs, pass the finger into the throat and produce gagging, and respiration will be instantly restored.

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### No. 115.—*Difficulty of Breathing.*

This disease is an obstruction in the air vessels or cells, and the common cause is an accumulation of thick mucous that prevents the air from entering the lungs. When the lungs are irritated by mucous, smoke or fine dust, the parts become swollen, and strictures often take place to a considerable degree. The most direct course to give relief, must be, to relax the parts and promote expectoration; and the following treatment will generally prove effec-

tual: Apply boiled potatoes in a woollen bag, pressed flat, to the region of the lungs, quite warm, and repeat the application until the skin becomes moist, and then moisten a flannel rag with a liniment mentioned for whooping cough, and rub the surface about the diseased parts, and at the same time put Seneca snake root and squills, each a large teaspoonfull, and gum ammoniac and mustard seed, each half a teaspoonfull, or a little more, well bruised, into a vessel with a pint of boiling water, and simmer to a gill, then turn the liquor from the dregs, and stir into it a teaspoonfull of ipecac, and take a wine glass half full once in ten minutes until an emetic operation is produced; and while operating warm water may be drank. After the operation, corn-meal porridge will be necessary. Then ten drops of laudatum and twelve drops of tincture of blood root may be taken in very warm hop tea, once an hour until relief is obtained. Let the diet be composed of light food.

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No. 116.—*Common Cold and Cough.*

Any circumstance that can operate to check

perspiration suddenly, may cause a cold and a cough. Going from a warm situation to a cold one, or being where the cold, damp or chilly air affects the surface of the body, or being wet while warm or in a perspiration, may occasion a disease of the lungs or some other part or parts of the system. Many individuals suffer pain, ache, distress, and fever, from checked perspiration. When the pulse is full and hard, the head crowded with blood and face very red, and there are heat and thirst, or when there are cough, difficulty of breathing, or affection of either of the sides, the case requires immediate attention. As a treatment, blood letting will be indispensable to moderate the symptoms; then put a heaping teaspoonfull of cream of tartar into a pint of boiling water, add loaf sugar and let the afflicted sip of this liquor quite warm and freely to promote perspiration. Let the head be wet with cold camphorated rum, and fanned often. Also, apply boiled potatoes in a woollen bag, pressed flat, to the bottoms of the feet, to assist in relaxing the glands of the skin; also an expectorating emetic, as in instance of hard breathing, No. 115, will be necessary; and after the operation

of the emetic, put into a vessel a quarter of an ounce of Iceland moss, and a pint and a half of boiling water, and keep hot and reduce to a pint, then bottle the clear decoction and let a wine glass full of it be taken before eating each meal, three times a day. Also put a large teaspoonfull of gum Arabic into a quart of boiling water in a vessel, and keep hot and stir until the gum is dissolved, then bottle and add loaf sugar and some lime or lemon acid, and let a wine glass full be taken after each meal, and also any time in the twenty-four hours. Also as a beverage, a large teaspoonfull of cream of tartar may be put into a bottle, with a pint and a half of cold water, and a wine glass full of loaf sugar added, and a wine glass full taken any time to satisfy thirst. For cough, when a turn occurs, six drops of fox-glove tincture and eight drops of laudanum on some loaf sugar, may be taken. If pain of a side or the head becomes considerable, a blister plaster may be applied to advantage. A portion of common salts will be of use as physic. Let the diet be corn-meal porridge, tea, and bread coffee.

No. 117.—*Consumption.*

The human system is exposed to a perpetual series of circumstances and events which tend to derange the regular action of those parts upon which health depends, and disease is the result of the same: protracted complaints of almost every kind may digress into consumption. Asthma; colds, serofula, liver affection, and ill-conditioned blood, are the causes of the greater part of the consumptions in the United States. Where the lungs are the seat of the disease, pain or soreness of the side or lungs, cough, emaciation, chills followed by hot turns, sweating, shortness of breathing, frequency of pulse, and a circumscribed red spot upon one of the cheeks, are the symptoms. Every species of consumption may be treated in the following manner: First, where circumstances will admit, put into a vessel squills and Seneca snake root, made fine, each a teaspoonfull, and gun ammoniac and liquorice ball, each half a teaspoonfull, add boiling water, a pint, and simmer to a gill, and turn the liquid part from the dregs, then stir into it a large teaspoonfull of ipecac, and give a wine glass half full once in ten minutes until an

emetic operation is produced; and while in operation warm mustard-seed tea may be drank. After the operation, corn-meal porridge will be necessary as food. Then put into a vessel, Iceland moss, a quarter of an ounce, and boiling water a pint and a half, and keep hot until reduced to a pint, then bottle the clear liquor and give a wine glass full before eating each meal, morning, noon and evening. Also, put into a vessel, gum Arabic, an even teaspoonfull pulverized, and a pint of boiling water, and stir, and add a wine glass full of loaf sugar and some lemon or lime juice, and let a wine glass full be taken after each meal. Also prepare a medicine as follows: Put into a vessel, blood root, fox-glove, gum ammoniac, and opium, each a teaspoon even full, with a pint and a half of boiling water, and simmer to a pint and turn from the dregs and bottle the clear liquor, and add a wine glass full of loaf sugar, and as often as a hard turn of coughing occurs, let the afflicted take a wine glass a quarter full of this composition. Also put a teaspoonfull of cream of tartar into a bottle with a pint of cold water, add a wine glass full of loaf sugar, and a little lime or lemon juice, and



let this be used as a common beverage to satisfy thirst, a wine glass full at a time. As physic, when costiveness urges, a tablespoonfull of castor oil in strong senna tea, a wine glass half full, sweetened with molasses, will answer the purpose. Blistering will be useful, and a plaster worn between the shoulders will be serviceable. Diet as usual, and let the exercise be very moderate. Continue this treatment.

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No. 118.—*Corns on the Toes.*

Tumors caused by compelling the feet to be confined to the practice of wearing shoes or boots which are so small as to create inflammation, soreness, and hardness, are to be treated as follows: First furnish the feet with means that are soft and large, and will not press the tumors at all; then pare off the hard part of the tumors, then rub them with good honey every morning, and heat some time with a coal of fire, and rub with lamp oil every evening and heat in. Thus every twenty-four hours until cured.

No. 119.—*Chilblains.*

This complaint is located upon the fingers, toes or heels. Cold weather is the cause of this trouble—some disease, and the affection puts on the form of a humor. There are itching, burning, and soreness, in the cold season of the year, that often rage to an intolerable degree, in cases of chilblains. The following treatment will generally produce the desired effect: Put into a bottle good vinegar, half a pint, saltpetre, half an ounce, and fine tobacco a very large teaspoonfull, and shake often, —wet a rag with this liquor and rub the affection every evening, and rub the parts with warm dry ashes every morning for a length of time. Once a week rub the affection with good honey and heat in by the fire.

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No. 120.—*Quinsy.*

This disease is a tumor of the throat, attended with inflammation, redness, heat, pain, and difficulty of swallowing. Great cold, and also constitutional proneness to the disorder, may cause the complaint. As soon as the af-

fection commences, salt may be dissolved in cold water, then cloths folded and wet with the liquor, laid upon the swelled parts externally, and the application repeated along some length of time ; also, the throat may be gargled with a solution of salt in vinegar with the addition of cold water. In regard to diet, the most simple food will be most proper, such as corn-meal porridge, rice water, tea, and bread coffee. As medicine, a small teaspoonfull of salts in water, three times a day, and cream of tartar in water, will be all that can be needed.

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No. 121.—*Cancer.*

Where there is a hard and obstinate tumor, or an ulcer of a schirrous surface, we may suspect that there is a cancerous disposition that solicits attention and the use of suitable means. Various are the causes of cancerous affections, but a treatment calculated to soften the parts will be of use in all cases of this kind. For the tumors, make a very strong tea of indigo weed root, then turn off the clear liquor, and put it into a clean vessel, add a quar-

ter of a pound of oil of olives, and simmer until the liquor is gone, then add a scruple of iodine of iron, stir well, turn off, and rub the hard parts of the tumor or ulcer with this ointment, morning, noon, and evening. After applying the ointment, put a poultice, made by stewing carrots in water until very soft, on the parts. Renew the poultices three times in the twenty-four hours. Cancerous sores may be dressed with a cerate, made of mutton tallow and white wax equal parts of each melted together. The hard edges of a cancerous ulcer may be touched with lunar caustic, once or twice in the twenty-four hours. Let the diet be mild, and without acid articles.

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No. 122.—*Sore Mouth.*

This may occur from various causes, but a treatment internally as well as applications locally, will be necessary. For the blood, a strong tea made of rosemary leaves may be taken, a wine glass full before eating food three times a day, and a small teaspoonfull of salts after eating, in clear water, morning, noon,

and evening. Make a strong tea of white oak bark and sweet fern tops, and wash the mouth with it often. Touch the sore spots several times daily with finely powdered borax.

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No. 123.—*Scrofula or Schirrous.*

This disease is a hard state of the glands about the neck or the testicles from some peculiar disease or constitutional taint, and from other causes, but in all instances suitable means must be used in season, or medicines cannot be of any use. As an internal treatment, Spanish sarsaparilla, rosemary leaves, and saffron, each an ounce made fine, may be put into four quarts of boiling water and simmered to two quarts, the clear liquor bottled, and a wine glass full taken before eating food three times a day. Twenty drops of iodine tincture may be taken in a wine glass full of weak Virginia snake root tea, every morning and evening, after eating each meal. Diet simple and the meals regular. Externally as a treatment, make a very strong tea of indigo weed root, and to two quarts of it add three ounces

of hog's lard, stew until the tea is gone, then turn off, and stir into the ointment one scruple of iodine of iron, and rub a small quantity of this ointment on the tumors, morning, noon, and evening, some length of time. Continue this treatment day after day.

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No. 124.—*Eruptions.*

Eruptions are generally spontaneous, and as soon as they appear a proper treatment ought to be put in practice. As a general course internally: Put into a vessel brimstone, one ounce, rosemary leaves, an ounce and a half, Virginia snake root a quarter of an ounce pounded, water four quarts, and simmer to three pints, then bottle the clear liquor, and let a wine glass full be taken before eating each meal, and a small teaspoonfull of salts at bed time every evening. Diet mild and free of salted articles.

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No. 125.—*Venereal Disease.*

Syphilis is one of the most contaminating

diseases to which human beings are doomed. It is communicable by sexual intercourse, and when contracted may be transmitted from parents to their offspring. The venereal disease is very common in Africa. On the Island of Madagascar the syphilitic disease abounds among the natives. When the virus is lodged on a part where it can produce an effect, inflammation is generated, and in four, five, or some more days a discharge may appear, which is called simple gonorrhœa. The discharge is from the glands about the affected parts. In case of gleet the substance evacuated resembles thin water porridge. When this token of venereal taint occurs, it is a premonition of trouble that time can never remedy, and the sooner medical means are used, the better in all respects. As a treatment: Put into a vessel, gum Arabic, a heaping teaspoonfull made fine, and boiling water, a quart, stir, and when the gum is dissolved, bottle the liquor and add to it three grains of corrosive sublimate, and unite by shaking. A wine glass a little more than half full may be taken early in the morning, again at eleven in the forenoon, and at bed-time. Twelve drops of balsam of copivæ

and six drops of oil of juniper may be taken on sugar, when the evening dose of the solution is taken. Continue this treatment regularly; and in addition, let a few teaspoonsfull of the gum Arabic solution, with six teaspoonsfull of warm water added to it be injected into the affected parts every morning and evening. Let the diet be free of salted and greasy articles. Thus much as a treatment for a recently contracted clap. In all cases and stages of the venereal disease, cold water is not so good a beverage to satisfy thirst as a weak tea made of the bark of sassafras root. When the venereal disease is advanced in its course and absorption taken place, the general system is affected, the urine becomes acrimonious, a heat and also smarting are experienced, especially when an evacuation is performed, buboes or hard tumors in the groins appear, chankers or ulcers form, nodes or hard bunches about the head or other parts rise, the skin becomes scurfy or scabby, the throat inflamed; and pains in the bones add to the catalogue of afflictions in the night. All these symptoms and many more, are the product of confirmed venereal disease. For the blood in this stage



of morbid pollution: Put into a vessel Spanish sarsaparilla two ounces, the bark of sassafras root and cubebs, of each a quarter of an ounce, and three quarts of boiling water, simmer to three pints, turn from the articles and bottle, add six grains of corrosive sublimate, and let the unfortunate take a wine glass a third full of this medicine early in the morning, again at eleven in the forenoon, again at three in the afternoon and at bed time. As a common beverage, weak flax-seed tea, or a solution of gum Arabic in water, will quench thirst to advantage. For tumors, rub the parts with mercurial ointment, morning, noon, and evening, and wet linen rags in a weak solution of sugar of lead and apply. If this treatment fails, poultice the swellings with crackers stewed in water until very soft, and renew the poultice often. Flax-seed poultices do well for such purposes. For ulcers, prepare a salve of bees' wax, hog's lard, and resin, equal parts of each melted together, spread on lint or soft rags and apply. Sprinkle red precipitate upon the sores, and once in two or three days touch the edges of the ulcers with lunar

costic. For nocturnal pains, a pill containing one grain of opium and the eighth of a grain of gum camphor at bed time, will answer well. For inflammation of the mouth, the parts may be touched with warm citron ointment, once a day, and often washed with a strong decoction of Spanish sarsaparilla root with one grain of corrosive sublimate dissolved in a pint of the liquor. If fungous or spongy flesh appears in the ulcers, touch the same with lunar costic twice a day, and keep plasters of the salve mentioned for ulcers upon the part or parts, and the granulations will disappear. Warts from a venereal source may be treated as follows: Rub them with lunar costic every morning and evening, and apply some citron ointment quite warm, once a day. If there is difficulty of voiding urine, put a large teaspoonfull of gum Arabic into a vessel with a quart of boiling water, stir until the gum is dissolved, then add two teaspoonsfull of sweet spirits of nitre, and let a wine glass full be drank once an hour until the obstruction is removed. Strictures are apt to be experienced in the urinary parts in this disease, and require immediate attention, before the inflammation becomes so con-

siderable as to render the circumstances distressing and obstinate. If a gleet remains after the disease is subdued in the general system, dissolve gum Arabic in water, make a weak solution, add to a pint of the liquor six grains of white vitriol and one grain of corrosive sublimate; let a small quantity of this medicine be injected into the urinary passage several times every twenty-four hours. Continue the use of this liquor along regularly until the complaint is cured. The diet in this disorder should be free of salted articles.

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No. 126.—*Caution.*

The extreme suffering that is experienced in case of venereal affection, ought to alarm the mind of every person to avoid all means that may expose to a contraction of this complaint. The catalogue of evils that result from a ruined state of health caused by a virulent African malady, if properly realized by those who regard prudence, very few would be the number who would become victims to a painful, distressing and nausea-

tive disease. Self preservation is a duty enjoined by the Deity, and it is strongly enforced by reason and admonition. We shall do justice to our reputation, health and life, by refraining from all species of impropriety

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No. 127.—*Strangury, or Difficulty of Making Water.*

This disease is attended with a desire to evacuate urine without being able to succeed in the effort. It frequently is the case that there is inflammation at the neck of the bladder, and the parts swelled. Stone, gravel, retaining the urine a great length of time, violent lifting or straining, free use of ardent spirit, malt beer, or porter, wine and the venereal disease, are the common causes of strangury. The treatment of this disease must be governed by circumstances. If the cause is from the imprudent circumstance of retaining the urine so long as to create inflammation and swelling, or if any cause has rendered the parts hot and swelled, the skin externally may be rubbed with warm olive oil, and then boiled potatoes may be put to the parts in a woollen bag, and

exchanged often until perspiration is excited. Also, gum Arabic may be dissolved in water, and a small quantity drank at a time, as often as every hour, and eight drops of juniper oil, taken on sugar, once in five hours, until the desired effect is produced. Or, if the inflammation is considerable, bleeding and a dose of salts will be necessary, a while before the juniper oil is taken. If the cause is stone or gravel, it may be proper to evacuate the urine by means of an instrument for that purpose called Catheter.

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No. 128.—*Bleeding at the Urinary Parts.*

This disorder may occur from stone in the bladder, gravel, straining, and some other causes. As a treatment, first inject, by means of a syringe, a weak solution of gum Arabic with a little white vitriol dissolved in it, into the tube that leads to the bladder, as occasion calls, and give internally, a weak tea made of flax seed, with fifteen drops of sweet spirits of nitre in a wine glass full of it, once in three hours, until the urine becomes clear and free. Also, twelve drops of Harlem oil may be giv-

en every five hours until the complaint is cured. If the cause is well ascertained, the primary disease may be made an object of attention and treated accordingly. Let the diet be mild, and free of acid and salted articles, and let rest be strenuously enjoined.

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No. 129.—*Chicken Pox.*

This eruptive disease is produced by a peculiar contagion. In all instances of chicken pox there are symptoms which characterize the complaint. The disorder commences with chillness; then succeed flashes of heat, pain of the head, pain or ache in the back, some cough and thirst. In three or four days from the occurrence of the symptoms, a breaking out appears, that at first resembles the itch, but soon puts on a reddish yellow complexion, and in about five or six days, the disease passes through all its stages, and leaves the system. It will do to medicate a very little in case of chicken pox, and the means ought to be such as will determine from the internal to the external parts. A weak tea of Virginia snake

root, taken a small quantity at a time, and once in four or five hours, will be beneficial. Also, cream of tartar put into hot water, and a little loaf sugar added, may be given, a wine glass half full quite warm, once in four or five hours. Porridge, tea, bread coffee and so on, will be harmless as food.

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No. 130.—*Swine Pox.*

This disease, is from a contagious source, and often resembles the small pox in its pustules. The symptoms of the disorder are, chillness, succeeded by hot flashes, pain of the head, back, and throughout the system, thirst and cough. In the course of three or four days the eruption makes its appearance upon the skin, and continues several days. As medicines, Virginia snake-root tea may be taken, a little at a time and often, and also a tea made of liquorice root. A small dose of castor oil as physic, will be proper. Let the diet be light and cooling.

No. 131.—*Erysipelas or St. Anthony's Fire.*

This disorder commences in the internal parts, and produces shivering, loss of strength, pain of the head and restlessness. These symptoms are succeeded by heat, frequency of pulse, thirst, swelling of the parts affected, redness and dryness of the skin. The surface in a short time puts on a shining yellowness. Acrimony of a peculiar kind may be one cause of Saint Anthony's fire, but some locations are very productive of this disease, and those who reside there are candidates for the complaint. In the treatment of this disorder, the first course to be taken is, to free the stomach and bowels of their contents, and then to open the pores of the skin. For which put into a vessel Seneca snake root and squills, each a large teaspoonfull made fine, and mustard seed a small teaspoonfull with a pint of boiling water and simmer to a gill, then turn off and to the clear liquor add a large teaspoonfull of ipecac, and let the afflicted take a wine glass half full once in ten minutes, until puking is excited, and while in operation, warm mustard tea may be drank, blood warm, and after the operation, warm senna tea may be drank to move the



bowels a very little. In twenty-four hours, after the emetic has been taken, put a large teaspoonfull of cream of tartar into half a pint of boiling water, add a wine glass full of loaf sugar, and let this be drank, a wine glass half full once in ten minutes, until the skin is moistened by perspiration. As often as thirst urges, cream of tartar in water, sweetened with loaf sugar may be taken moderately cold as a beverage. If the head is in pain it may be often wet with cold rum, and if the heat of the head is excessive, blistering the forehead or neck will be necessary. A small quantity of Virginia snake root tea drank once in three hours will be of use. Equal parts of magnesia and rye meal mixed together may be rubbed upon the skin every few hours. Also, dissolve a teaspoonfull of soda in a pint of water, add loaf sugar, and let a wine glass half full be taken once in five hours. The diet should be composed of corn-meal porridge, tea, bread coffee, and rice pudding.

No. 132.—*Small Pox and Varioloid.*

The small pox is an extremely contagious disease, and has been known in various parts of the earth a length of time. When small pox made its appearance in a natural way, it destroyed like a deluge, and after the introduction of inoculation, the number that died who were treated correctly was very few indeed. Inoculation was practiced first in Africa, then in Wales, then in Scotland, then in Turkey, then in Great Britain, and not far from the year 1722, it was introduced into the United States. The art of communicating the small pox by inoculation, was greatly opposed in America many years, and the progress of treating the disease with success was very slow. It required some time to ascertain that the small pox was a hot disease and needed a cooling treatment, to prevent the complaint from running into a typhus state. Small pox the natural way, has been viewed by authors as a disease of much dread, as a quarter part of those who were subjects of the disorder, fell victims to its uncontrollable power. Small pox by inoculation is manageable, and if treated with propriety is as safe in its operation as the kine pox. There are two

species of this disease described in medical books, the distinct and the confluent. The distinct commences with chilliness, oppression about the chest, sickness of stomach—sometimes vomiting attends—pain of the head, pain or distress of the back, excessive heat, thirst and drowsiness. In some instances there is delirium. About the second, third, or fourth day from the commencement of the symptoms, circumscribed spots appear upon the skin, like flea bites, of a red complexion, and are hard like small tumors. These tumors are first to be observed upon the face, neck, hands, and arms, attended with an uneasy sensation. The eruption, soon after its appearance upon the upper parts of the body, becomes considerable in degree upon the lower parts. The symptoms decrease as the pustules swell and are painful, then there is a rekindling of the symptoms, and often an increase of irritation until the ninth, tenth, or eleventh day, when the disease forms a crisis, the eruption changes its complexion, and after the expiration of the fourteenth or fifteenth day, the pustules become incrustated and leave the parts. In the confluent species of the small pox, the symptoms do not go off as they do in the distinct kind, but run

along some number of days, and the pustules remain red, inflamed, painful, and run together. In most instances of confluent small pox, there is a spitting, as though the afflicted was under the operation of mercury. Diarrhœa often attends when this disease proves fatal, and this happens not far from the eleventh day of the complaint. Varioloid is small pox with the symptoms which characterize the disease. It may occur where vaccination has been performed by spurious infection, and the disorder may be treated in the same manner as other cases of small pox. In the treatment of small pox, the afflicted should be placed in a clean apartment where there is free and pure air, remote from heat and noise. In every instance of small pox, a short time before the premonitory symptoms appear, or when they begin to dawn, the skin above the elbow may be rubbed with a piece of flannel wet with hot sharp vinegar, then a blister plaster applied, for an adult, four inches in length and two inches in width, and secured upon the part until a blister is well raised; then the plaster taken off, the contents of the blister let out, and a flax-seed poultice placed upon the sore, renewing it once in six hours, to promote a discharge which will

cause a determination to the surface locally. The poulticing to be continued until the inflammatory symptoms are much abated. The diet in all cases of small pox should be light, and free of salted, greasy, and stimulating articles, such as corn-meal porridge, rice pudding, and so on. The drink should be water and rice tea. If the disease puts on a sinking form, ginger tea may be administered. The head should be often wet with cold rum, and fanned when too hot. Wet the eyes with cold water several times daily. Epsom salts dissolved in water, and a large spoonfull taken, morning noon, and evening, regularly, will be useful. The exercise should be moderate and uniform. When the act of inoculation is performed, the infection should be obtained from an individual who is free of any other disease than varioloid, and the pul-tule should be well matured; then the skin may be scarified below the elbow upon the arm, and the injection placed thereon and dried.

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No. 133.—*Spine Affection.*

A chronical weakness of the nerves of the

back constitutes this disorder. A treatment that will restore tone to the parts will answer the desired purpose. The muscles and blood vessels are to be rubbed with a hand, some time ; then the parts often wet with a liquor prepared by making a very strong tea of white oak bark, and adding an equal quantity of French brandy to it. After this treatment has been practiced a while, a plaster may be applied ; also, twenty drops of balsam of life may be taken on sugar, three times a day.

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No. 134.—*Sciatica or Hip Disease.*

This disorder is often rheumatic, and may be treated as such. First, turn cold water from a vessel on the part, then apply a mustard poultice to the external part, and when a blister is nearly raised, take off the same, and wet a flannel rag with essence of hemlock and laudanum, then apply. Internally, twenty drops of balsam of life on sugar may be taken, morning, noon, and evening. Repeat the external treatment once in three days.

No. 135.—*Pain of the Back.*

This is often from weakness of the parts; a treatment that will give tone to the muscles and nerves of the parts, will generally cure the disease. The following treatment may be practiced for the desired purposes: Put half a pint of white oak bark from near the root of the tree, into a vessel with two quarts of boiling water, simmer to a gill, turn off, and to the clear liquor add half a pint of French brandy; rub the skin with dry flannel some time, and then rub it with a flannel wet with this medicine, morning, noon, and evening, regularly. When the pain is cured a plaster will be of use.

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No 136.—*Pain of the Legs.*

This complaint may be from overdoing by walking, or using the limbs some other way. Let the extremities be immersed in cold water every morning, and rubbed with warm, dry flannel some time.

No. 137.—*Pain of the Head.*

When pain of the head occurs from pressure of blood, bleeding will be necessary, and blistering will answer a good purpose. The head may be wet with cold rum and fanned. The extremities are to be kept warm, and the bowels regulated in their office.

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No. 138—*Pain of the Side.*

This disease may be recent, and it may be chronic. Inflammation, liver, or pulmonary cause, may excite the complaint. The sooner a pain of the side is treated with proper means, the greater the prospect of cure. In all instances of side affection, if the pulse is full and the breathing laborious, bleeding will be proper. As an external treatment, first, put into a small woollen bag some boiled potatoes and press them flat; place them on the part and retain a while, and then exchange for another like quantity of potatoes, and so on, until the skin is sweated; then apply a mustard poultice and retain until a blister is nearly raised, then take off, and wet a flannel rag with lini-



ment prepared of equal parts of strong laudanum, oil of hemlock, and neats' foot oil, shaken together in a vial. Rub the affected part some time. Practice thus every two or three days until the affection is overcome. When the pain is gone, a plaster may be worn to strengthen the part. As an internal treatment: Put valerian root and Virginia snake root, each a quarter of an ounce made fine, into a vessel with a quart of boiling water, and keep hot until the liquor is strong; then turn off and bottle, and take a wine glass full before each meal three times a day, and a wine glass full also at bed time. Recruit this medicine several times. A large pill may be taken every evening, made of extract of lettuce and the yellow part of hops, equal parts of each, rubbed together. Diet as the circumstances dictate.

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No. 139.—*Pain of the Shoulder.*

This complaint may be from rheumatism or from some other cause. In the treatment, first apply a mustard poultice to the part and retain until the skin is nearly blistered, then take

off, and wet a flannel rag with liniment as mentioned for pain of the side, and rub the skin some time. This every day until cured. Ten drops of balsam of life may be taken on sugar, three times in the twenty-four hours. Diet as usual. A plaster may be worn upon the shoulder when the pain is gone.

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No. 140 — *Kine Pox.*

This disease is never generated in human beings, but often occurs among cows in the spring of the year. When kine pox commences, it appears to come upon the dug parts of a cow spontaneously. In all instances of this disease there are heat, inflammation, and great soreness; small circular ulcers form and discharge an acrid, watery substance. If a person milks a cow that has this disease and takes hold of the dugs of a healthy cow, the disorder may be communicated to the sound animal, and the disease will have an operation. A human being may contract this disease from a cow by handling diseased dugs, have an eruption upon the skin, and be secured from

the small pox. It is very probable that an individual may be inoculated directly from an affected cow, and be as secure from small pox as though the infection had been from a small pox pustule. After the cow pox has passed through a hundred constitutions in succession, the disease is not the same as it was in the original; and hence it is that the common manner of obtaining the infection is improper, and will not answer the desired purpose. Also, where kine pox infection is promiscuously obtained, it may be the case that some humor or some morbid quality may be blended with the kine disease, that medical means cannot eradicate from a contaminated system. Erysipelas, yaws, scrofula, and some other complaints are communicable in this way. In selecting an individual from whom kine pox infection is to be procured, we ought to find one who is in good health and free of skin affection, and the matter taken when the pustule is perfectly formed, shaped like a circle, and never of more than eight days in operation. The fluid should be transparent, and applied between the fingers, or below the hollow of the arm, near a large blood vessel, and the

part to which the infection is to be placed, must be scarified and the infective matter then put so as to be in contact with the naked surface, and dried thereon. In three or four days, or it may be a longer space of time, after the inoculation has been performed, the symptoms of the disease commence, shivering, headache, flashes of heat, thirst and frequency of pulse, are experienced, and continue a while, and then a pustule forms about the incision and in some respects resembles a ring worm, with a white watery margin. If the pustule has any other appearance than here described, the disease is spurious, and is not to be judged a security from small pox. The diet should be light during the process of the kine pox disease, the exercise should be moderate, and great prudence observed as respects exposure to wet, damp and evening air. After the disease has left the system, a small teaspoonfull of salts may be taken, three times a day, for a few days.

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No. 141.—*Itch.*

The itch is an eruption that is demonstrated

to be produced by small animals with an abundance of legs, which irritate and poison the surface of the skin. After the itch has been in operation some length of time, the blood becomes contaminated. The itch appears between the fingers and upon some other parts of the body in white watery pimples. This disease is communicated by contact; also, lying where those have been who were affected with the complaint. Wiping with a cloth or handkerchief which has been used by an affected person, may communicate the itch. As a treatment for this disease the following will answer the desired purpose—for the complaint, internally: Put a tablespoonfull of brimstone, made fine, into a vessel with two quarts of water, stew some time, and then add half an ounce of rosemary leaves, simmer to a quart, and bottle the clear liquor. A wine glass full may be taken before eating food, morning, noon, and evening, regularly. Diet as usual. As an external treatment: Put a heaping teaspoonfull of tobacco into two quarts of water in a vessel, add a large tablespoonfull of brimstone, and a teaspoonfull of tar, simmer a while, then add half a pound of lard and sim-

mer, and when the water is gone turn off the ointment, and rub the eruption with it morning and evening, until cured.

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No. 142.—*Scald Head.*

This disease appears upon the hairy part of the head in the form of tetter, scurf or dry scabs. The cause is humor. In the treatment, the hair to be cut off close to the skin, the surface to be washed every other day with soap suds, every morning the humor to be rubbed with a little citron ointment and every evening the humor to be freely rubbed with the tar composition ointment mentioned for shingles. Diet as usual. A small quantity of the medicine for the blood to be given three times a day, as mentioned in case of shingles. Thus much as a sure treatment for the complaint, perseveringly attended to, daily.

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No. 143.—*Shingles.*

This disease is an eruption upon the surface

of the skin, like tetters. The general seat of shingles is about the waist, and is attended with much heat and soreness. As an internal treatment for the blood, as a cause that is internal produces this complaint: Put into a vessel, brimstone, rosemary leaves, and sarsaparilla, each a heaping tablespoonfull, and boiling water three pints, and stew to a quart, then bottle the clear liquor, and take a wine glass full before eating each meal, three times a day. As an external treatment, put a tablespoon a little more than even full of cut tobacco, into a vessel with a pint of boiling water and simmer to a gill, then take out the tobacco, and to the liquor add four ounces of lard, a small teaspoonfull of tar, and a large teaspoonfull of brimstone made fine and simmer, and when the tobacco liquor is gone, turn off the ointment carefully, and rub a little of this ointment upon the humor every morning, and touch the humor with a little citron ointment, quite warm, at bed time every evening. If a poultice should be necessary, stew ground flax seed in water, until quite thick like porridge, and apply. Renew the poultice twice in twenty-four hours. Diet as usual.

No. 144.—*Bite of a Mad Dog, and also of a Rattle Snake.*

Not any wound calls louder for immediate attention than one produced by a mad dog or rattle snake, as consequences will surely follow that means cannot remedy, if suitable remedies are not resorted to timely. In all such cases, first cover the bitten parts with warm dry ashes, or for the want of ashes, apply red earth plentifully to the wounded parts, and retain a while, then wet some tobacco with spirits of hartshorn and warm water, and after removing the article from the wound apply the tobacco and retain some time. Then take off the tobacco and lay on dry ashes or red earth again, and so on, alternating until the poison in the wound is decomposed, then apply a plaster of salve to the injured parts prepared as follows: Put into a vessell, bees' wax and rosin, each one ounce, and mutton tallow and hogs' lard, each half an ounce, melt, and stir into the whole a small teaspoonfull of viridigris finely powdered. Spread the salve upon cotton or linen lint or rags. Renew the plaster twice in the twenty-four hours, so as to promote a digestion of the wound. Internally, a



very small tablespoonfull of olive oil may be taken, morning, noon and evening regularly, some days. Let the diet be light. Exercise, in such cases, is injurious.

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No. 145.—*Bites and Stings of Venomous Creatures, and also Chigre.*

The bites of gnats, or the stings of bees, wasps, hornets, scorpions, and so on, are to be treated as follows: Apply dry ashes to the wounded parts, then wet some tobacco with saliva, or spittle, and lay on the parts and retain some time. When small animals enter the skin of the hands or the feet, called chigres, very common in the West Indies, apply dry wood ashes to the parts and retain a while, then remove the ashes, and dissolve blue vitriol in water, make a weak solution, soak some tobacco in the same and lay on the parts, and then, when the animals are subdued, poultice the diseased parts with flax seed poultices, and exchange the applications every few hours until the inflammation is extinguished, and then treat the

sore in the same manner as though it was a common ulcer, or as follows: Sprinkle a very small quantity of red precipitate upon the surface of the affected part, and spread a soft rag with salve prepared by melting rosin, lard and bees' wax, equal parts together, and laying the same upon the sore. Dress the disease as proposed, twice every twenty-four hours until it is cured.

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No. 146.—*Burns and Scalds.*

Burns and scalds are to be treated in a manner that is calculated to subdue heat and put out inflammation. When a burn or scald occurs, the part or parts may be rubbed with olive oil, then rags wet with cold water placed upon the parts and exchanged as often as they become warm, and when the heat is moderated to a considerable degree, raw potatoes may be grated, then spread upon linen or cotton rags, and applied and exchanged every few hours, or until the parts are in a condition that indicates the necessity of another treatment; then melt equal parts of bees' wax and lard to

gether, spread soft rags with this cerate, and place upon the sore or sores and renew the dressings twice in the twenty-four hours regularly, as long as occasion requires. If spongy flesh appears in the sore or sores, sprinkle a little red precipitate upon the same when dressed, once or twice daily, until subdued.

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No. 147.—*Frost Bitten or Frozen Parts.*

Any frozen parts may be treated as follows: Wet rags in cold water and apply to the parts, and exchange as circumstances require; and when the circulation of the blood is restored, treat the same as proposed for burns, in No. 146.

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No. 148.—*Gall Stones in the Gall Bladder.*

This complaint is attended with severe turns of pain in the region of the affection, from irritation. The cause is a morbid state of the liver. In the treatment, the parts require a peculiar management. First, boil potatoes and put them into a woollen bag and press flat,

then rub the skin of the affected region with warm olive oil, and place the bag thereon, and after sweating the skin in this manner a small flannel rag may be moistened with a liniment prepared of equal parts of olive oil, oil of hemlock, and alcohol, united together in a vial by shaking, and the region affected rubbed with the same often. The sweating and rubbing also with the liniment may be practiced daily some length of time. When a turn of pain occurs in the instance of an adult, thirty drops of laudanum may be taken with fifteen drops of Harlem oil, on sugar, and a large teaspoonfull of onion juice in a little sweetened water once in five hours until relief is experienced. When the turns of pain are not on, a large teaspoonfull of onion juice, in sweetened water, every morning, noon and evening, while the stomach is free of food; and a wine glass full of hard soot tea, after eating each meal, regularly daily, for some length of time, will tend to produce the desired effect. The liniment mentioned may be used three times a day, even if pain should not occur. In very severe cases of this kind, an equal part of strong laudanum, olive oil, and oil of hemlock, will do bet-

ter than the common liniment, to rub upon the affected region. An emetic will probably be necessary in this disease, and for this purpose put into a vessel, squills, Seneka snake root, and mustard seed, each a tablespoon even full, made fine, and boiling water a pint, and simmer to gill, and turn off from the dregs and add a heaping teaspoonfull of ipecac, and mix well, and let a wine glass half full be taken once in ten minutes until the desired effect is produced; and while operating, mustard-seed tea may be drank, about as warm as blood heat; and after the operation, water porridge may be taken. Repeat the emetic once a week, if circumstances urge. The diet should be composed of food that digests without occasioning distress. Let the drink be such as will not produce a stimulating effect. A large teaspoonfull of cream of tartar, put into a pint of cold water, and a wine glass full of loaf sugar added, will answer well as a common beverage. Tone may be restored to the debilitated parts by putting half an ounce of Iceland moss and a very little gum Arabic into a vessel with a pint and a half of boiling water, and keeping the vessel warm until the liquor is reduced to

a pint, then the same may be turned off and bottled; and a wine glass full, taken before each meal, three times a day. The medicines to be recruited as occasion requires.

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No. 150.—*Chills from Weather.*

In passing from a hot climate to a cold state of the air, the blood is deprived of its usual degree of heat, and a sense of chilliness is experienced; and often it is the case that pain of the side, cough and fever, are the consequences. Flannel in contact with the skin, is the best security to defend the system from such a transition. Precaution is ever necessary in all instances of exchange of weather. As soon as chilliness or shivering has an effect upon the surface of the skin, and extra garment or proper clothing ought to be resorted to, and warmth and perspiration restored. If cough occurs, put the feet into cold water and take them out immediately: then make a strong tea of mustard seed, drink of it about blood warm, wrap up so as to perspire, and continue to sip of the tea until an emetic operation is

produced; and after puking a very little, prepare a tea as follows: Put into a vessel liquorice root made fine, and flax seed, each a small teaspoonfull, and boiling water a pint and a half, and simmer awhile, and turn off, and let this be drank of freely. Also, a teaspoon even full of Epsom salts may be taken in some cold water at bed time every evening. If cough is considerable, a teaspoonfull or elixir paregoric, in cold water, sweetened with loaf sugar, may be taken, once, twice or three times a day, as circumstances urge. If there is distress of the head, or pain of the side, bleeding will be necessary. After bleeding, if the head is affected, the part may be rubbed with hot sharp vinegar and a blister plaster applied to the forehead or the side of the neck, and when the skin is well raised and the contents of the blister discharged, the sore may be dressed with a linen or cotton rag spread with tallow, and the dressing exchanged for a fresh one, twice in the twenty-four hours, until the parts are healed. If there is pain of the side, it may be treated as mentioned for the head. As respects food, if the pulse is full and quick, corn-meal porridge will be proper. As a beverage to as-

suage thirst, cream of tartar in water, with the addition of loaf sugar, may be drank freely. In all cases of heat and pain of the head, cold rum may be applied often, and the head fanned frequently ; and also warm substances may be put to the feet, if the extremities incline to be cold.. Thus attentively. .

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No. 151.—*Rheumatism.*

This painful disease is from cold, over-doing, ill-conditioned blood, and other causes. The blood, in case of this disease, is congested in the small vessels, and obstructions are very considerable. In the treatment: Put into a vessel, Seneka snake root, squills, and mustard seed, each a heaping teaspoonfull made fine, and boiling water a pint, simmer to a gill, turn from the dregs, add to the liquor a very large teaspoonfull of ipecac, and give a wine glass half full, blood warm, once in ten minutes until an emetic operation is produced, and while operating, strong mustard seed tea may be drank, and after the operation, corn-meal porridge will be proper as food. To the part



or parts locally where the disease is seated, mustard poultices may be applied. Also, fifteen drops of tincture of meadow saffron in a wine glass full of Virginia snake-root tea, may be taken before eating food, three times a day. Immersing in cold water every morning, and wrapping in a woollen blanket immediately after, so as to open the pores of the whole system, will also be of the greatest advantage in this disease. Woollen dress in contact with the skin, exercise, uniform meals, and food that will digest without occasioning pain or distress, will be required.

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No. 152.—*Acute Rheumatism.*

Acute rheumatism is attended with inflammation, where the disease seats, whether about the neck, sides, limbs, or any part of the system. The most frequent cause is cold, or sudden check of perspiration. In the treatment, the first object is to lessen the heat, and in this way abate the violence of the disease. For the intention mentioned, blood letting will be necessary, then a tablespoonfull of salts may

be taken, then to the part or parts may be applied boiled potatoes in a woollen bag or in bags and exchanged often until perspiration is promoted, and when the skin is under the operation of the potatoe medicine, a large teaspoonfull of cream of tartar may be put into a pint of boiling water, and loaf sugar added, and a wine glass full taken, quite warm, often, until a free perspiration is produced. The skin may be blistered, and twelve drops of tincture of meadow saffron taken on sugar after eating food three times a day. Diet light. Laudanum as occasion calls.

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### No. 153.—*Gout.*

This is a painful disease that comes on by turns, and generally locates in the joints, although it often affects the stomach, lungs and other parts. It is frequently mistaken for rheumatism. It is caused by constitutional disposition, also by high living, sedentary habits, use of wine, porter, French brandy, and by hard study. The tendons, nerves, ligaments and membranes of the diseased parts

are inflamed, and there is a chalky substance accumulated in advanced stages of the complaint. From the fact that the stomach is commonly deranged in its office, in all cases of gout, and chilliness, fever and soreness attend, we may believe that the disease is connected with the organs of digestion, and should be treated accordingly. Bleeding, then an emetic, prepared as mentioned in case of rheumatism, and then a wine glass full of medicine before eating each meal, prepared as follows: Rosemary leaves, half an ounce, Virginia snake root a quarter of an ounce made fine, and boiling water a pint and a half, reduced to a pint, and bottled, will be useful. Diet nourishing and meals regular. Laudanum as pain indicates. Raw oysters may be applied locally, and recruited by a fresh quantity, as often as tainted, until the disease ceases.

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No. 154.—*Intoxication.*

Intoxication, from the effect of ardent spirit, may be successfully treated by applying heated substances to the feet, wetting the head

in cold vinegar or cold water, and giving the inebriate a solution of common salt in water, to drink freely.

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No. 155.—*Delirium Tremens.*

This disease is an affection of the brain, caused by an intemperate use of ardent spirit. The symptoms are often violent and alarming. Spasms, insanity and outrageousness characterise the complaint. In the treatment, the head may be often wet with cold vinegar and fanned, the feet to be wrapped in mustard poultices, and a wine glass full of valerian tea taken, once in three hours, and at the same time a pill given, composed of equal parts of assafœtida and extract of lettuce. When the spasms are overcome, a wine glass full of Virginia snake root-tea, morning, noon and evening, before eating food, and thirty drops of balsam of life in a gill of new milk, after each meal will be proper, for some length of time. Let the meals be regular and the exercise uniform.

No. 156.—*Tic Douloureux.*

This disease occurs by turns, a painful affection of some nerve or nerves of the face. It usually comes on spontaneously, without any obvious cause. The turns of distress are of uncertain duration. As a treatment, internally for this disease, put into a vessel, rosemary leaves and Virginia snake root, each a quarter of an ounce, and boiling water a quart, then keep hot until the liquor is quite strong, and turn off and bottle. A wine glass full may be taken before the reception of food, every morning, noon and evening, and twenty-five drops of balsam of life may be taken after eating each meal. Thus practice some length of time. The meals should be regular at all times. If catarrh is in the case, fill a pipe with tobacco, add to it six drops of oil of tar, and smoke the same. Practice the smoking as proposed, every morning, noon and evening, for weeks. Also, let the diseased part be rubbed a length of time with a hand or fingers, then apply a mustard poultice prepared as follows: stir ground mustard into very sharp vinegar, and add a little rye meal to unite the whole together, then spread quite thick upon a rag folded, and

retain till the skin is about blistered, then take off and wet a flannel rag with liniment composed of equal parts of oil of hemlock, neats' foot oil and alcohol, and rub the skin with the same. This treatment to be repeated daily.

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No. 157.—*The Scurvy.*

This complaint is common in cold, damp situations upon the land, and very frequent among those who go long voyages upon the salt water. The causes of sea scurvy are, a lengthy use of salted articles of food, want of exercise, bad water, scarcity of fresh vegetables, too free an indulgence in eating greasy substances, and a lack of good vinegar. In all instances of this disease the blood is in an ill condition, and hence it is that there are a sense of weariness, a want of vigor, and an unwillingness to move about. These symptoms are succeeded by a swelling of the face, or of one or both of the feet, and also distress of the stomach or lungs, or pain or soreness of the limbs. The bloatedness often becomes general throughout the system, the skin puts on a

sallow complexion, spots of a dark hue appear upon the surface, and in many cases the appetite is voracious. In the progress of scurvy, the appetite fails, the breathing is shortened, and the pulse very quick. As the strength lessens, the breath becomes offensive, the gums spongy, the teeth loose, the urine scant in quantity, and perspiration obstructed. The excrements in advanced cases of scurvy, are in a putrid state. In every instance of scurvy there is a suspension of action of the absorbent vessels in some degree, and in some constitutions where mercury has been used, dropsy a prevailing consequence. It is the case that scurvy sometimes commences its operation in a part locally, and if the disease is not attended to with propriety, in season, the general symptoms will soon follow and render the afflicted individual a victim to a dangerous malady. As a treatment, when the disease commences, put into a vessel, Seneca snake root, squills, and mustard seed, each a large teaspoonfull, made fine, and boiling water a pint, simmer to a gill, turn off from the dregs and add to the liquor a heaping teaspoonfull of ipsecac, stir well and take a wine glass half full,

once in ten minutes until an emetic operation is produced, and while in operation strong mustard-seed tea may be drank, and after the operation corn-meal porridge with a little vinegar in it, may be taken. Also, grate or scrape raw potatoes and spread upon rags, then, after rubbing the affected part or parts with sharp vinegar, apply the potatoes and retain some length of time, and then rub the part or parts with vinegar again, apply a fresh quantity of raw potatoes, and so on, until the swelling or bloating is subdued. Also, immersing the feet in warm water, twice in twenty-four hours, then to rub them with dry flannel some time, and then with warm vinegar, will be necessary. Also, it will be proper to determine the blood to the pores of the skin and promote a moderate perspiration. For this purpose, put a small tablespoonfull of cream of tartar into a vessel with a pint and a half of boiling water, and stir and add a wine glass full or more of loaf sugar, and sip of this beverage quite warm and often until the desired effect is produced. Moderate and uniform exercise will be co-operative in the treatment of a scorbutic disease. It will be useful to have the skin often rubbed



with dry flannel. As respects land air, while scurvy is in operation, it may be noted that a sudden transition from a sea to a fresh air, may cause fatal effects, and much prudence is to be exercised in this respect. Fresh vegetables are to be eaten with much caution, but the following will ever prove harmless: Put a small table-spoonfull of arrow root starch into a vessel with a gill of cold water, stir, and when of the consistence of paste, add a pint and a half of boiling water, half a gill of vinegar and some loaf sugar; take a gill of this jelly after eating food, and at any other time in the twenty-four hours. Also, put Virginia snake root and orange peel, each a heaping teaspoonfull, and rosemary leaves two teaspoonsfull made fine, into a vessel with a pint and a half of boiling water, simmer to a pint, then bottle the clear liquor and let the afflicted take a wine glass full before eating food, morning, noon and evening. Also, put into a vessel, nitre two ounces, charcoal one ounce, and brimstone half an ounce, made fine, add good vinegar three pints and a half, and stir often. In twenty-four hours turn off and bottle the clear liquor, and let the afflicted take a wine glass a third full

in the middle of the forenoon, middle of the afternoon, and at nine in the evening. Thus practice regularly until the disease is radically subdued. Let the diet be as free of salted articles as possible. Fresh animal food and vegetables will be required. As beverage to moderate thirst, lime juice or vinegar and water may be used freely.

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No. 158.—*Poisons.*

Substances that come under the head of poison, are classed into the heads of animal, vegetable, mineral and aerial.

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No. 159.—*Animal Poison.*

Many gnats, reptiles and some other animals, impart a poison by stings or bites, which ought to be made an object of immediate attention. The bite of a mad dog, rattle snake, adder, or the sting of the scorpion, hornet, wasp, bee, and so on, or puncture of an insect, may be treated as follows: First, wet the in-

jured part with spittle, then cover the same with dry ashes, and then apply fresh wet tobacco to the part, and repeat the applications once in half an hour, or once an hour some length of time.

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No. 160.—*Vegetable Poison.*

Many vegetables in every section of the world where the climate is warm, may be considered as poisonous, especially to those who are not accustomed to them. All vegetables in a decaying state, such as are in wet, marshy or low situations, also, wood, potatoes, or sauce, are producers of poisonous vapors, and we cannot put in practice too much prudence in avoiding all nuisances and banes as much as possible. Lime sprinkled upon decaying vegetables, corrects their bad qualities.

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No. 161.—*Mineral Poison.*

Many articles are daily used as utensils in cooking, and at tables that are extremely dele-

terious when in contact with any kind of acid substance. Copper, lead, pewter, and white metallic spoons and dishes, which are substituted for silver, if in the least corroded, are baneful to all who use them, and are sure to impart a poison that human means cannot remedy.

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No. 162.—*Air Poison.*

Confined air, air in the apartment of the sick with fever, and fumes from decomposing substances may generate disease. As much as possible we should avoid such situations. Cleanliness, ventilation, and fumigation may be viewed as important in all instances of bad air. Lime scattered where the air is impure, and then sharp vinegar sprinkled upon it occasionally, will be proper.

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No. 163.—*Low Spirits.*

Depression of spirits, or despondency, may be the effect of disappointment and bereavement. Or some other cause may create this

disease. The state of the stomach, bowels and nerves ought to be considered, in every case. An emetic will be of use to give action to the sluggish parts, as an introduction to another treatment; for which purpose, put into a vessel, squills and Seneca snake root, each a large teaspoonfull made fine, and boiling water a pint, simmer to a gill, then turn off and to the clear liquor add a large teaspoonfull of ipecac, and let the afflicted take a wine glass half full, and as much strong mustard tea, once in ten minutes, until puking is produced, and while in operation, warm mustard tea may be drank, and after the operation corn-meal porridge will be needed. Then put a heaping teaspoonfull of gentian root made fine, and as much Virginia snake root into a vessel with a pint and a half of boiling water, reduce to a pint, then bottle, and let a wine glass full be taken before eating, three times a day, and fifteen drops of balsam of life on sugar, after eating each meal. Also, a pill composed of equal parts of fetida and extract of lettuce, at bed time every evening. Also, cold bathing every morning some number of times, with regular meals and exercise.

No. 164.—*Hypochondrie.*

Although the nervous system is affected in all cases of this disease, the stomach and bowels are ever in a dyspeptic state ; and there are cructations of air, anxiety, melancholy, languor, tremors, difficulty of breathing, pain and distress of stomach, head and bowels, dread of death, and so on, in this disorder. Sedentary way of living, intense application to study or any kind of business, use of stimulants, grief, disappointment, and very many causes, may produce hypo. As hypo is often a protracted disease and remains many months without any change of circumstances, it is always necessary to exercise patience and perseveraunce in the treatment. Hypo never forms a regular crisis, but continues its course until the state of the system is completely changed. As a treatment, an emetic to give action to the stomach and liver, and evacuate morbid substances, we may deem indispensable in most cases, and for this purpose, put Seneka snake root and squills, each a large teaspoonfull made fine, into a vessel with a pint of boiling water, and simmer to a gill, and turn the liquid part from the dregs, then stir

into it a large teaspoonfull of ipecac, and let the afflicted take a wine glass half full once in ten minutes until an operation is produced. While operating, a strong tea made of mustard seed may be taken to assist the operation of the emetic. Also, when the emetic is taken, have some potatoes boiled, then put into a woollen bag, pressed flat and put to the region of the stomach and retained until the skin becomes moist. After the operation of an emetic it will be useful to rub the skin about the stomach with a flannel rag wet with French brandy, and also for the afflicted to drink corn-meal porridge. Then, for the promotion of appetite, a table spoon even full of orange peel, and a heaping tablespoonfull of Virginia snake root made fine, may be put into a vessel with a pint and a half of boiling water and kept hot until reduced to a pint, then the liquor drained off and bottled and a wine glass full taken before eating each meal, three times a day. Also, put a teaspoonfull of gentian root made fine into a vessel with a large pint of boiling water and keep hot until the liquor is strong, then bottle, and add a small teaspoonfull of soda, and let the afflict-

ed take a wine glass full after eating food morning, noon and evening. For the purpose of composing the mind, a pill made of equal parts of assafœtida and extract of lettuce may be taken, in the middle of the fore and afternoon, and at bed time. When thirst urges, a beverage made by turning boiling water to tamarinds, may be used freely. Let the diet be such as digests without occasioning distress or pain. Let the exercise be uniform at all times. Cold bathing in the morning early, will be of use. The feet to be kept warm and dry, and the extremities often rubbed with dry flannel. Good ripe fruit will be harmless if well masticated before it is swallowed, and taken in the forepart of the day. Late meals and fruit in the evening will render repose disquiet.

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No. 165.—*Hysteric.*

This is a very frequent complaint, and claims attention as soon as it occurs. Various are the causes of hysterical complaints, but any means that can weaken the stomach or nerves, may occasion them. Indigestion generally prevails



in instances of hysterics; and hence it is that the stomach is oppressed, breathing is difficult, and there is a sense of suffocation: also, there are pain and distress of the vitals, and wind in the organs of digestion; and often spasms are considerable. The extremities are always cold. In the treatment, give a little mustard-seed tea, to stimulate the stomach to action, and apply mustard cakes to the feet and stomach; also, put valerian root, half an ounce, and Virginia snake root, a quarter of an ounce, made fine, into a vessel with a quart of boiling water, and reduce to a pint and a half, and turn off and bottle, and take a wine glass full before eating, with ten drops of the balsam of life, on sugar, after eating each meal. Each of these medicines three times a day, uniformly, and a pill made of equal parts of assafœtida and extract of lettuce may be taken at bed time every evening, in lettuce tea, or if more convenient in some strong hop tea. Thus much as a treatment. The feet are to be kept warm—the bowels to be stimulated by the use of a medicine made of the following articles: Senna leaves, annis seeds and lignum vitæ shavings,

each a quarter of an ounce, and the eighth of an ounce of jalap, put into a vessel with a pint of boiling water, and simmered to three gills, and the clear liquor turned from the dregs and bottled, and a quarter of an ounce of essence of wintergreen, and half an ounce of manna added; and as often as the bowels need physic, a small tablespoonfull of this composition may be taken once an hour until an evacuation is produced. The diet should be such as the stomach relishes, and the meals regular. Moderate exercise contributes much towards the production of health. The extremities to be defended from the effects of weather by flannel in contact with the skin. Fruit should never be admitted in the evening, nor should ardent spirit be drank by those who are nervous. A pill composed of castor oil, assafœtida and extract of lettuce, equal parts of each, may be taken as often as pain or distress or spasm occur.

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No. 166.—*Madness.*

This is a disease of the brain, from over excitement, depression of spirits, or from some

cause that deranges the healthy state of the nerves at the fountain of reason. Alcoholic stimulants, lengthy contemplation upon subjects which disturb the sleep, immoral deportment, anger, mistaken sentiments of religion, extreme fatigue, sedentary habits, repelled eruptions, inflammation of the internal parts of the head from bruises, disease, or intense heat of the sun, and many other circumstances may generate insanity. It is very important for human beings to observe propriety in all respects so as to preserve a regular state of mind, and uniform action of the bodily powers as barriers to insanity. The human brain is composed of very delicate parts, and each of those parts may become affected. In the treatment of insanity, the feet are to be rendered warm, the head kept cool by the application of cold rum frequently and by fanning, and the bowels kept regular in their office by diet and mild cathartic medicines. Strong articles of food are to be viewed as improper for those who are insaniated, and late supper very injurious to the digestive organs. A quarter of an ounce of valerian root and the eighth of an ounce of Virginia snake root, made fine, may be put into a vessel with a pin and

a half of boiling water, and kept hot, and the liquor reduced to a pint, and then bottle, and a wine glass full taken before eating food, morning, noon and evening; and a pill composed of extract of lettuce and assafœtida, of a common size, after eating each meal, will regulate the nervous system. This treatment may be continued some length of time. Cold bathing in the morning, regularly, will be of use in most instances of insanity.

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No. 167.—*Palpitation.*

An irregularity of the heart in its action, or a violent beating of the heart at times, characterizes this complaint. This disease is frequent and may be from many causes. Intemperate habits, extreme exertion, debility, irritability, dropsy of the chest, and a variety of circumstances may operate to occasion palpitation. In the treatment, the cause may be avoided as much as possible with the greatest propriety. Improper habits must be corrected, if there is water in the region of the heart a course of means, as mentioned for dropsy of the heart,

will be needed. If there is a want of tone of the parts, put into a vessel Iceland moss, two ounces, and water, three quarts, then simmer to a quart and turn off the liquor, and add to it two ounces of tincture of Peruvian bark, and let a wine glass two thirds full be taken before eating food, morning, noon and evening, and ten drops of elixir of vitriol in sweetened water after each meal. If there is a degree of irritability that requires attention, twelve drops of tincture of fox-glove and twelve drops of blood-root tincture, in strong hop tea, morning, noon and evening, will be proper; and when the heart palpitates violently, the breath may be taken into the lungs and retained there awhile to suspend the action of the parts.

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No. 168.—*Dropsy of the Heart.*

This complaint occurs from colds, overdoing, violent lifting, high living, sedentary habits, repelled humors, and many other circumstances. The general symptoms of dropsy of the heart, are, a sense of weight about the chest, difficulty of breathing, which is increased by

walking fast, going up an ascent, lying down ; also paleness of the face, bloatedness, swelling of the lower limbs, cough, thirst, urine scant in quantity, and an enlargement of the upper lip. All these symptoms may be the effect of a free use of ardent spirit. This disease cannot be cured in any instance where the accumulation has been of a considerable length of time, and of course the sooner the process of absorption is brought about, so that the water may be evacuated, the better in every case of the kind. In the treatment, first rub the skin of the region where the disease is seated with a little warm olive oil, then put some boiled potatoes into a small wollen bag and apply to the part, and retain until a little cooled, then exchange for another quantity of potatoes, and so on until the pores are relaxed and perspiration is produced ; then rub the skin with a flannel wet with warm gin. Practice thus every few days. Internally may be given a wine glass half full of a diuretic once in six hours, and prepare the medicine as follows : Put into a vessel Seneka snake root, squills and wintergreen, each two ounces, made fine, and water, four quarts, and simmer to three pints, then put juniper berries

one pound, well bruised, into an iron kettle with four quarts of water and simmer to two quarts, add the whole together and simmer to three pints and strain, and to the liquor add a pint of good gin, and let a wine glass half full be taken once in six hours; and also ten drops of oil of juniper may be taken on sugar, and a wine glass half full of very strong dwarf elder-root tea, at the same time, once in six hours—and the medicines continued until an evacuation of urine becomes free and copious. Diet light. Let this treatment be accompanied with a flannel dress in contact with the skin, and let the exercise be moderate. Omit the medicines when the evacuation is produced.

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No. 169.—*Apoplexy.*

This disease is a sudden privation of the senses and a loss of power of motion. Whatever may operate to compress the nerves of the brain may produce this disorder. In the treatment of apoplexy, we should endeavor to lessen the action of the arteries of the brain, promote action of the vessels of the lower ex-

tremities, and in this way restore uniformity of circulation of blood in the system. First, apply bags of boiled potatoes to the feet and other parts of the limbs, and then wet cloths in cold rum and lay upon the head, and repeat the treatment with alacrity. The application of blister plasters to the arms may be of use, and injections made of mustard and sweetened with molasses, may be administered. The limbs and body should be rubbed thoroughly with woollen cloths wet with hot and strong red peppered vinegar. If substances can be swallowed, liquid food may be given moderately.

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No. 170.—*Palsy.*

This disease occurs suddenly, and often without any premonitory symptoms. It is but seldom that the cause of palsy can be ascertained. A person may retire for sleep in the evening, and in the morning be completely paralytical, and not able to move an affected part. As the muscles are destitute of power to act, when paralyzed, the object in the treatment must be to excite warmth and vigor in every



species of the disorder. As an external treatment, first, boiled potatoes put into a woollen bag or into bags and pressed flat, may be put to the part or parts, and the same repeated until perspiration is produced, if such an event can be brought about, then the part or parts may be rubbed with woollen cloths wet with hot red peppered vinegar, and mustard poultices put on to the numbed parts and retained sometime, and then the same treatment repeated, and this practiced along according to circumstances. Internally, weak tea made of red pepper, may be given once in two hours, and fifteen drops of balsam of life, given in some warm water, five times in the twenty-four hours. Let the diet be well seasoned and liquid, and food taken often.

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No. 171.—*Lethargy.*

This disease is an affection of the brain, and the person afflicted becomes like one in a profound sleep. Various are the causes of this complaint, and few are the instances of recovery.

very in such cases. Wetting the head with cold rum and fanning it often, soaking the lower limbs in warm water, and applying mustard poultices to the bottoms of them, and giving injections made of mustard seed and sweetened with molasses, are as much as can be done in such instances to any advantage.

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#### No. 172.—*Leprosy.*

Leprosy is a common disease in many parts of the world, especially in Egypt. When this eruptive disorder commences, it appears of a copper complexion in spots, and spreads upon the skin, and the humor becomes considerable by degrees. Leprosy is peculiar to itself—is sometimes very mild, and in other instances is very offensive. This complaint is often hereditary, and it may be communicated by contact. There is a species of leprosy in every climate, but ulceration and accrimonious discharge are very seldom met with in such instances as occur in northern territories. The fluids as well as the glands are contaminated in this disease, and a treatment that will regulate the fluids

which we depend upon for the support of the system, and at the same time open the obstructions, will cure this complaint. As a treatment, first, it will be of consequence to commence with an emetic, to free the first passages of morbid contents; for this purpose put into a vessel, squills, Seneka snake root, and mustard seed, each a large teaspoonfull made fine, and boiling water, a pint, simmer to a gill, then turn from the dregs and add to the liquor a heaping teaspoonfull of ipecac, and let the afflicted take a wine glass half full at a time, once in ten minutes, until an emetic operation is produced. While operating, weak water porridge may be drank freely, to give a little action to the bowels also. After the operation of the emetic, some tea or coffee may be taken as food. Then put an ounce of rosemary leaves, made fine, and a quarter of an ounce of Virginia snake root, into a vessel with a quart of boiling water, keeping hot until the liquor is quite strong, then bottle, and let the afflicted take a wine glass full before eating food three times a day; and warm and apply citron ointment to the affected parts morning and evening

regularly. Diet free of salted and sour articles.

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No. 173.—*Rash.*

This disease is often the effect of sudden check of perspiration from cold, and it may occur from an ill-conditioned state of the blood. This species of disease, commonly called nettle rash, is altogether uncertain as respects its continuance when it appears upon the skin. The following treatment will be proper in all instances of the complaint. Make a tea of Virginia snake root and let the afflicted drink some of it as often as once in three hours for some time, and then once in six hours will be sufficient to answer the purpose. Also, put a heaping teaspoonfull of soda into a pint of water, and add a wine glass full of loaf sugar, and let the afflicted take a wine glass full of this alkali, once in six hours. Let the diet be light, such as porridge, rice pudding, tea, coffee, and so on. The skin may be rubbed often with buckwheat or rye meal browned over a moderate fire.

No. 174.—*Swelling of the Limbs.*

It is the case that the lower limbs become swollen from some cause, which, if neglected, may prove extremely obstinate. In all cases the cause of the complaint must, as far as possible, be investigated. In every instance the fluids may be corrected, and the disease at the same time treated with external means. As an internal course, put into a vessel an ounce of sarsaparilla root, and a quarter of an ounce of Virginia snake root, made fine, with two quarts of water, and simmer to three pints and bottle the clear liquor, then let a wine glass full be taken half an hour before eating food, every morning, noon and evening. Scald as occasion calls and recruit several times. An even teaspoonfull of salts may be taken in a little strong liquor made by stewing brimstone in water, at nine in the evening, every other twenty-four hours. As an external treatment, boil oakum in water and make a strong liquor, and let the limbs be soaked in it, morning, noon and evening, and after soaking have them rubbed some time with warm dry flannel, and then with French brandy. If the pores are closed, boil potatoes, put them into woollen

bags, press them flat and apply to the bottoms of the feet, and also to other parts, and retain some time. Repeat these applications several times. The limbs are to be treated as proposed, and when the bloating is gone, the parts are to be rubbed with a flannel wet in French brandy, several times daily. When the bowels are costive, a dose of strong senna and anis-seeds tea may be taken. Let the diet be light.

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No. 175.—*Sore and Swelled Throat.*

This disease is often from cold, although other causes may produce the complaint. For swelled throat, internally, put an ounce of salt-petre into a vessel with a pint of sharp vinegar, and heat, then place a tunnel over the vessel, and as the steam rises let the nose of the tunnel go into the mouth, so that the rising fumes will enter the throat. Fumigate the throat thus four or more times every twenty-four hours. Gargle the throat with vinegar and water, with Virginia snake root in the water, often. A tea made of Virginia snake root may be taken, a wine glass full once in

six hours. Dissolve an ounce of salts in half a pint of water, and let a wine glass full be taken once an hour until the bowels are moved. If thirst attends, put a large teaspoonfull of cream of tartar into a vessel with a pint of water, add a wine glass full of loaf sugar and a little lemon or lime juice, and let this be used as a beverage. Corn-meal porridge and rice water, as food, will be proper. Externally, a blister plaster may be applied to one of the arms, and to the affected part apply a poultice prepared by dissolving fine salt in water and then thickened with Indian meal, and renew as often as it dries.

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No. 176.—*Yaws.*

Yaws is a disease of the skin, and very common in Africa and very easily communicated by contact. When yaws commence their operation, there are pains of the joints, somewhat like rheumatism, head ache, and general weakness; these symptoms continue many days; then chills, fever with thirst come on, there is a

lameness of the back and loins, and the strength declines. After a while an eruption appears upon the skin, and spreads to a great degree; these inflame, matterate, and are very offensive, and finally form scabs; and often it is that another set of pimples appear, and the complaint revives and goes on some length of time. This disease may be contracted in the torrid region and conveyed to other parts of the earth, and transmitted from one to another, and even to posterity; and hence the necessity of curing the disease while in the early stage. If the eruption is not extinguished by means of a proper treatment, it is doubtful whether it is ever cured. When the disease has been in operation some number of years in a temperate or cold climate, it often assumes the form of salt-rheum or erysipelas. In the management of yaws, a thorough course is always required. For the complaint internally, put into a vessel Spanish sarsaparilla and rosemary leaves, each half an ounce, and Virginia snake root a quarter of an ounce, with two quarts of boiling water, then simmer to three pints, bottle the clear liquor, adding three grains of corrosive sublimate, and let the afflicted take a wine



glass full of the same half an hour before each meal three times a day, and also a wine glass full late in the evening. Thus regularly and recruit the medicine as often as it is out. After this medicine has been taken two weeks, add to three pints of the liquor, four grains of corrosive sublimate, and continue to take the same quantity along as mentioned. As a treatment externally, every evening warm same citron ointment and with a finger touched to it, rub the eruption where it may be seated. Also put a large teaspoonfull of brimstone made fine, and a little more than this quantity of tar, into a vessel with a large teaspoonfull of tobacco cut fine and a quarter of a pound of lard and keep warm by the fire some hours and turn off the ointment and rub the eruption with a little of it quite warm every morning. Let the diet be free of salted articles, and shun all means of taking cold.

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No. 177.—*Puncture.*

A puncture may be produced by a nail, a knife, fish bone, fin, or some other means, and

cramp, locked jaw, or other evil consequences may be the effect, if the wound is neglected or improperly treated. The security in every case of wound of this kind, is, to excite an action of the parts which will cause a digestion or discharge from the same speedily. For the desired purpose, put some hot ashes into water and let stand until the liquor becomes clear, then turn off and let the puncture part be soaked in it quite warm some time, then cut old woollen cloth in thin small pieces, grease the same with lard or lamp oil, then put coals of fire into a skillet or any convenient vessel, and put the cut cloth on the coals, place a tunnel over the whole, and as the smoke rises, let the wound be held over the fumes, and replenish the fire and the cut cloth, several times in succession, and after fumigating as mentioned apply a piece of fat salted pork to the wound. Repeat soaking the injured part, then the smoking over burning wool, about once in two hours, until the wound suppurates or generates a mattery discharge. If cramp or spasms threaten, thirty drops of laudanum may be given in strong hop tea. When the wound is in a condition of discharging a mattery substance,

apply a plaster spread on a linen rag, made of equal parts of bees' wax, tallow and rosin, melted together, and dress the sore morning and evening.

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No. 178.—*Bleeding from a Wound.*

When a blood vessel is wounded by any cause, and there is excessive bleeding, sprinkle into the injured part burned alum, made very fine, then soak some good hops in sharp vinegar a short time and apply to the wound, then put upon the whole a rag folded, and by means of a bandage confine moderately tight in their situation some hours, or as long as circumstances require. Dress the sore when necessary, as mentoned in No. 85.

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No. 179.—*Hernia or Rupture.*

A descent of a portion of the bowel into the groin or some other part, so as to cause a tumor, we call a rupture. If the bowel is attended with pain or soreness, and there are sickness of stomach and puking, the case requires

attention as soon as possible. The common causes are sudden exertion, as lifting, hard coughing, straining, loud singing, and so on. The sooner a rupture is reduced, or the protruded part returned back to its proper situation, the better, as strangulation may end in mortification if not relieved. In the treatment of rupture, let the part be rubbed with warm olive oil sometime, then gently press back with the fingers, and when replaced and the tumor gone, apply a cushion to the part and retain by means of a strip of cloth round the body to which the cushion should be attached. This security is a substitute for a properly constructed truss, which ought to be obtained and used as soon as possible to prevent a return of the complaint. A neglect of prudence in such a case may be attended with serious consequences.

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No. 180.—*Suspended Animation.*

In case of suspension of life, from being under water some time, or by strangulation from smoke, bad air, gas, or any other cause, immediate attention to suitable means for resuscita-

tion will be required. The following course may be practiced without delay. Put into the mouth of the suffocated person the nose of a suction syringe, place the lips upon the instrument so as to exclude the external air, and let the nostrils be closely held at the same time, and then raise the piston of the syringe moderately and absorb the water or air from the lungs, then put a tube into the mouth of the size of a reed and close the lips round the same and let air be blown forcibly into the lungs. Thus practice some time—contract the lungs by the syringe and inflate them by the mouth through the tube. Put heated substances to the extremities, rub the surface with warm flannel, and give injections of urine sweetened with molasses, with tobacco smoke blown into the liquor. Administer the injections quite warm and repeat often.

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No. 181.—*Hunger.*

When we have been without food until hunger becomes excessive, much precaution must be observed in replenishing with sustenance or

disease may be the result. Corn-meal porridge, Coffee, weak chocolate, and soaked crackers or buiscuit will be more proper than more nutritive articles, for one, two or three days, then pudding, bread and codfish will be harmless.

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No. 82.—*Extreme Thirst.*

When thirst is very considerable, whether from fever, scarcity of water, or some other cause, great prudence should be exercised in the use of cold water, as thousands have been victims to consequences of drinking cold water freely while very hot or thirsty. In every instance where thirst is extreme, under any circumstances, cold water should be drank sparingly, or a very little at a time, until the mouth becomes moistened, and the thirst in degree satisfied. The application of cold water externally, may be advantageous in cases of extreme thirst.

No. 183.—*Tetters.*

Tetters appear on the face in the form of pimples, generally, but in some instances they resemble ringworms. The cause may be obstructed perspiration, or ill-conditioned blood. As a treatment, internally, put into a vessel, sarsaparilla root and rosemary leaves, made fine, each an ounce, and boiling water two quarts, simmer to three pints, bottle the clear liquor, and take a wine glass full before eating each meal, three times a day, and a third of an even teaspoonfull of salts after eating each meal, morning, noon and evening, in a little clear water. Let the diet be simple, without sour or greasy articles. The boiled medicine to be scalded often, and also renewed. As an external treatment, put into a vessel, white vitriol, and nitre, each a teaspoonfull, made fine, and paper tobacco a large teaspoonfull in quantity, and add a gill of rain or brook water, and shake the vessel often, and in a few days turn off the liquor, and rub the tetters with a linen rag wet in it every morning and noon, daily. Chafe the eruption with a coarse rag and rub every pimple with very fine chalk at bed

time, regularly. Diet as usual, and meals regular. Continue this course some time.

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No. 184.—*Thrush.*

This disease is frequent in situations where the weather is damp and foggy. In some parts of the West Indies where the climate is humid, thrush is very common. A bad state of the air corrupts the fluids, and may be the cause of this disease. Although this complaint appears first upon the end of the tongue and then spreads over the mouth, and causes inflammation, and often great soreness; the fountain of fluids is the source of the trouble. In case of thrush, the stomach is hot, the pulse quick, and thirst considerable. In the treatment, an emetic will be necessary, and then the blood may be purified, and the soreness of the mouth made an object of attention. As an emetic put a heaping teaspoonfull of ipecac into a gill of mustard tea, and give a wine glass half full, once in ten minutes until it operates, and while puking, warm water may be drank, and after the operation corn-meal porridge may be taken.



Then put rosemary leaves one ounce, and sarsaparilla root half an ounce, into an iron vessel, with three pints of boiling water, simmer to a quart, then bottle the liquor, and add a wine glass full of loaf sugar, and let the afflicted take a wine glass full once in six hours. Also put a heaping teaspoonfull of soda into a bottle with a pint of water, and add a wine glass full of loaf sugar, and let the afflicted take a wine glass full between the doses of the other medicine. As a beverage to satisfy thirst, weak flax-seed tea may be drank, or gum Arabic water. Let the diet be, porridge, bread coffee, tea or any light food. As physic a small dose of salts will be harmless. If inflammation is considerable, bleeding will be necessary. A weak tea made of red peppers and tobacco, may be used as a mouth wash often, and freely, and the sore spots touched four times a day with a dry powder, made very fine, of equal parts of burned alum and borax.

No. 185.—*Croup.*

The croup or rattles is an inflammation and extreme dryness of the parts about the head of the wind pipe. The cause is a great cold. The symptoms of this disease are a loud and shrill cough, a peculiar noise when the air passes through the month of the wind pipe, thirst, sickness of stomach, restlessness, inflamed eyes, and a proneness to suffocation. Without the disease can be arrested in its operation immediately, a cure cannot be accomplished. As a treatment locally, boil some potatoes and put into a small woollen bag and press flat and lay on throat and when cool, exchange for another like poultice, and continue to sweat the parts a while in this manner, then stir yellow snuff with hogs' lard, and make an ointment and spread upon leather, or on a rag, and apply to the throat, externally, and retain as long as the afflicted can remain without fainting by the operation of the application, and when faintness comes on remove the plaster and rub the skin with a flannel moistened with a liniment prepared as follows: Put neats' foot oil, oil of hemlock, and alcohol, equal parts united together, by shaking in a vi-

al. This liniment may be applied often to the affected parts. Internally, as a treatment, put Senaka snake root and squills, each a large teaspoonfull, and gum ammoniac and liquorice ball, each a small teaspoonfull, into a vessel with a pint of boiling water, and simmer to a gill, then turn from the dregs, and add to the liquor a very large teaspoonfull of ipecac, and let the afflicted take a wine glass half full once in ten minutes until an emetic operation is produced, and while operating warm and strong mustard-seed tea may be drank. Then put a teaspoonfull of laudanum, two teaspoonsfull of squill syrup, and a small teaspoonfull of antimonial wine into a weak tea made of ipecac, four tablespoonsfull, and stir, and give a large teaspoonfull once an hour. As food, weak tea, porridge, bread coffee, rice-water, soaked cracker, and codfish water, will be proper. Thus much as a treatment until inflammation is subdued.

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No. 186.—*Lame Back.*

Lame Back may be produced by various

causes, but the sooner it is treated with proper means, the greater the probability of cure. If oysters can be obtained, take some out of the shells, and apply to the part affected, blood warm, retain several hours, then exchange for another quantity of raw oysters, and so on until lameness is abated, then apply a blister plaster and retain.

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No. 187.—*Lame Side.*

Not any disease is more common than side complaint, and various are the causes for the same. Tight dressing, bruise, cold and so on, may produce an affection of the side. In the treatment, boiled potatoes put into a woollen bag and pressed flat may be applied to the part, and after the skin becomes moist, this application may be exchanged for a mustard poultice, and when the skin is nearly blistered, this may be removed, and the skin rubbed with a flannel rag wet with liniment prepared by putting neats' foot oil, oil of hemlock and alcohol, equal parts of each, into a bottle, and shaking them together. Practice all of

these every other day until the lameness is cured. Then a plaster may be put upon the part. Internally, ten drops of balsam copaiva on sugar, morning, noon, and evening, may be taken daily.

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No. 188.—*Dropsy.*

Dropsy is an accumulation of water which causes bloating where the difficulty is seated. This complaint may be from a disease in the kidneys, but in all instances, the absorbing powers, as well as the evacuating faculty, are suspended in their action. The occasional cause of dropsy may be a great cold. The treatment of dropsy must be such as will restore tone and vigor, to the kidneys and absorbing vessels. For purposes of which put Seneka snake root, squills, and juniper berries, each one ounce, made fine, or pounded, into a vessel with six quarts of water, and simmer to two quarts, and strain, and to the liquor add a quart of good gin, and let the afflicted take a wine glass half full, and at the same time take three drops of oil of juniper, on sugar, once in four hours until proper action is exci-

ted, and evacuation promoted. Also let boiled potatoes be applied to the swollen parts at the same time, and the application changed as often as once in half an hour for some length of time. The potatoes are to be put into a woollen bag, pressed flat, and spread upon the bloated part. To be thus managed every day. The skin, in case of dropsy, may be rubbed with flannel wet in hot gin several times every twenty-four hours. The diet should be composed of food that is easy of digestion. The extremities are to be kept warm. When thirst urges, a solution of cream of tartar in water, with loaf sugar added, may be drank. The exercise should be moderate. When the bowels are costive, put a large teaspoon of jalap, and two teaspoonsfull of cream of tartar into six teaspoonsfull of molasses, and let a large teaspoonsfull be taken once an hour, until the bowels are moved.

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No. 189.—*Debility.*

Weakness is from many causes and circumstances. Where there is debility without fever, or prostration of general strength with a small

pulse, the following treatment will be productive of appetite and strength: Put into a bowl a small handfull of thoroughwort, and a pint and a half of boiling water, and when the tea is strong bottle and take a wine glass full before eating each meal three times a day. Put a teaspoon a little more than even full of Peruvian bark into a vessel with a pint and a half of boiling water, and keep hot, and when the liquor is strong, bottle, and take a wine glass full after eating each meal, and a small teaspoonfull of mustard seed in clear water, at bed time. Thus regularly some time. Diet as usual and meals regular. If the pulse denotes fever, the thoroughwort tea may be taken as mentioned, before eating food, and a wine glass full of soda liquor may be taken after eating each meal. Prepare the soda medicine as follows: Put into a bottle, cold water, and add to a pint and a half of it, a large teaspoonfull of soda, and a wine glass heaping full of loaf sugar and shake the bottle. Regular meals and uniform exercise will be required.

No. 190.—*Restlessness or Wakefulness.*

When sleep is changed into wakefulness, put a large teaspoonfull of ipecac in a gill of strong mustard tea, and let the individual take a wine glass a third full, once in ten minutes, until an emetic operation is produced. While in operation warm water may be taken, and after the operation hop tea may be taken, and then upon the principle of sympathy, let others look the person in the eyes and gape in a manner that is in the form of drowsiness, and continue thus to yawn some time, and sleep will be the effect. After an emetic has been taken once, gaping as occasion requires will do the turn, better than an anodyne, in most instances of this kind.

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No. 191.—*Mumps.*

Mumps occur uniformly in the form of a tumor under one ear or under both ears upon the neck, attended with pain, which comes on by turns, and lasts some time. The cause that produces this disease in the first instance, is not investigated, but it is easily communicated.



As a treatment, a strong tea made of Virginia snake root, with or without rosemary in it, may be taken or drank, a wine glass full of it often, and the tumors rubbed with the liniment, mentioned in No. 203, three times a day, and kept warm. Diet as usual.

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No. 192.—*Epilepsy or Falling Sickness.*

Falling sickness is a disease that arises from some derangedness of the nervous system—blows or any injury of the head may cause this complaint. Epilepsy is distinguished from other diseases by sudden privations of the senses, sometimes with spasms, and sometimes without any muscular contractions. When a fit comes on, it is often the case that the sufferer is altogether insensible of any such occurrence, and is unguarded and unprepared for the same. After epilepsy becomes chronical, it is very difficult to arrest it in its progress; but while it is in the recent stage it may in general be remedied in a few months by a proper treatment. The following course has answered the desired pur-

pose in very many instances in this disease. Before the fit occurs, a strong tea made of mustard seed, one gill, and ipecac, a large teaspoonfull, stirred together, and a wine glass half full given once in ten minutes until an emetic operation is produced; and while operating, warm mustard tea drank will give action to the stomach, and promote perspiration. Then warm corn-meal porridge may be drank. After the emetic has been taken, a treatment that will regulate the system and counteract spasms will be proper. For which purposes, put into a vessel Virginia snake root and valerian root, each a quarter of an ounce made fine, and boiling water a quart, keeping hot until the tea is quite strong, then turn off and bottle and let the afflicted take a wine glass full before each meal, morning, noon and evening. Also twelve drops of balsam of life may be taken on sugar after eating each meal; and a pill may be taken at bed time, prepared as follows: Warm some white pine turpentine and stir into it ground mustard, and form into pills of a large size.\* Thus regularly, and renew the medicines as often as out. The feet are to be rubbed with dry flannel every evening. Let

the afflicted go into cold water every morning, then cover with a warm blanket and exercise so as to perspire. Let the meals be regular at all times. Late supper and fruit will be injurious. The head may be wet with cold rum and fanned as often as it is in pain or distress; and when an application is made to the head, the feet are to be stimulated by means of dry red pepper rubbed upon the skin. The bowels are to be kept free from costiveness by the use of a tablespoonfull of castor oil and a teaspoonfull of whole mustard seed, as often as circumstances require.

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No. 193.—*Giddiness or Dizziness of the Head.*

Many circumstances may operate to produce vertigo, but in this disease there is too much crowd of blood in the vessels and parts of the brain, and a want of circulation in the vessels of the lower extremities. The person afflicted with vertigo complains of a swimming sensation in the head and a turning round of objects to the sight. Bleeding in severe cases of this kind may be necessary. The feet may be put into cold water and taken out immediately, and

then wiped with dry flannel and rubbed with hot red peppered vinegar, every morning, and the head at the same time wet with cold rum and fanned. In the course of the day the feet may be rubbed with hot peppered vinegar, and the head wet with cold rum and fanned at the same time. Also an ounce of valerian root and a quarter of an ounce of mustard seed made fine may be put into a vessel with a quart of boiling water, and kept hot until the liquor is strong, and then bottle and a wine glass full taken before eating each meal, three times a day. Also, every morning when the feet are immersed, a wine glass full of cold water with twenty drops of balsam of life, may be taken. Let the meals be regular and the supper early. Moderate exercise will give elasticity to the fibres. Thus much as a system to be continued some time.

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No. 194.—*Nightmare.*

This disease occurs while the individual is asleep. It is from weakness of the vessels of the heart which lead into the lungs. There is

a sense of weight and a want of power to breathe which threaten a cessation of life. Volition is suspended while the disease is in operation. In the treatment of this complaint, attention to the feet to keep them warm, and the application of hot red peppered vinegar to the region of the heart, at bed time every evening some length of time, will be proper. Late supper, and also fruit in the evening, will be injurious in case of nightmare.

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No. 195.—*Plague.*

This is a disease of a peculiar, contagious, and pestilential quality, and is frequent in India and Egypt, and some other parts of Asia and Africa, and is communicable through the medium of the air, also by association, contact, sleeping on a bed or in an apartment where the disease has been, and various other means. The symptoms of the plague are languor, pain, especially of the head, rigors, then hot turns, the strength much prostrated, great depression of spirits, trembling, anxiety, palpitation, faintness, stupor, dizziness, irregular pulse, deliri-

um, sickness of stomach, fœtid breath, and a vomiting of a dark colored substance. In the advanced stage of the disease tumors form under the arms and in the groins, and diarrhœa and skin eruption often occur. The probability is that the plague is an eruptive disease, and should be treated as such. An emetic prepared as follows may be administered: First, make a strong tea of mustard, and to a gill of it add a large teaspoonfull of ipecac, and give a wine glass half full once in ten minutes until the stomach is sickened; then let the afflicted drink warm mustard tea freely; and after the operation of the emetic corn-meal porridge may be drank. Then put Virginia snake root and rosemary leaves, each a tablespoonfull made fine, into a vessel with a quart of boiling water, and keep hot, and when the liquor is strong, bottle, and give a wine glass full once in six hours. Put a large teaspoonfull of cream of tartar into a pint of cold water, add a little lime or lemon juice and loaf sugar, and let this be drank as beverage. Also, let the person be immersed in cold water early in the occurrence of this disease. A small blister plaster may be applied to each arm above the

elbows, and when blisters are well raised let the contents out of them and apply a poultice to each sore prepared as follows: Boil hops in water until they are very soft; then add a little rye meal and thicken, and exchange as often as they are dry. Keep the head wet with equal parts of cold vinegar and rum, and let the food be porridge and weak broth.

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No. 196.—*Faintness.*

This common complaint occurs from very many causes, and may be treated in the following manner. Dip the hands in cold water and take out immediately, and wrap them in warm flannel, and sprinkle cold water in the face of the person at the same time, and give a little balsam of life in water sweetened with loaf sugar.

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No. 197.—*Hiccups.*

Hiccups are occasioned by the accumulation of air in the stomach, which produces a convulsive action of the organ. One drop of the

oil of lavender taken in a little water sweetened with loaf sugar, once in ten minutes, will produce the desired effect in a short space of time. Rub the stomach with flannel.

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No. 198.—*Obstructed Perspiration.*

When a cold comes on and the pores of the skin are obstructed, in lieu of taking herb tea or any stimulating medicine, while the heat is very considerable, put a tablespoonfull of cream of tartar into a vessel with a pint and a half of boiling water, add a wine glass full of loaf sugar, and let the afflicted sip of the liquor often, and quite hot, until perspiration is free. The feet may be soaked in warm water and boiled potatoes put into woollen bags and applied to each foot.

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No. 199.—*Tooth Ache.*

Burn some alum and make very fine, and powder some salt, and rub a teaspoonfull of each together, and fill the cavity of a diseased



tooth with some of the same; then moisten a small quantity of tobacco with laudanum and lay on the tooth and retain awhile. Repeat the treatment if necessary. If the pain resists this course, and extraction is necessary, place the hook of a tooth instrument low upon the soundest part of the tooth, with a piece of cloth upon the fulcrum which will press upon the other side of the jaw, and turn until the tooth starts from the socket.

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No. 200.—*Piles.*

This is a distressing complaint of the inner part of the passage into the bowels, with tumors upon the external part. Various are the occasional causes. If curriers' fish oil is rubbed upon the parts every evening, and a teaspoon even full of cream of tartar is taken in a little water, morning and evening, some length of time, this troublesome complaint will yield to the treatment.

No. 201.—*Deafness.*

This arises from various causes, but the following treatment will be harmless. Slice onions and put into a vessel, and add boiling water and make a strong tea and turn off and drop five drops into the ear, every morning, noon and evening.

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No. 202.—*Cold Feet.*

The cause of this very frequent complaint is a want of proper circulation of blood in the extreme parts. Immerse the feet in cold water every morning, and then put on woollen stockings and exercise briskly; also rub the feet with cold red peppered vinegar every evening, and wear woollen stockings, especially in cold weather.

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No. 203.—*Sprains.*

Every species of sprain may be treated as follows: Put into a vial or bottle, neats' foot oil, oil of hemlock, and alcohol, equal parts of each, and moisten a flannel rag with this liniment and rub the part three times a day.

No. 204.—*Tenesmus.*

A propensity to evacuate from the bowels without any discharge. The disease is from debility and irritation; piles, dysentary, diarrhœa and extreme costiveness may create this complaint. An ointment may be prepared as follows, for the irritation: Put into a vessel a teaspoonfull of tobacco, finely cut, and a piece of opium as large as a common sized filbert, with a pint of rain water, then simmer to half a pint and turn off the clear tea, and put into a vessel with a piece of mutton tallow of the size of a hen's egg, and simmer until the tea is gone, and apply a little of this ointment to the part affected often. A wine glass full of gentian tea may be taken before eating food morning, noon and evening, daily.

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No. 205.—*Water Brash.*

There are weakness, heat, bloating, and a discharge of watery substance from the stomach, in this disease. Many causes may operate to produce this complaint. The following treatment will succeed in producing the desired

effect. First make a strong tea of mustard seed, and then add to a gill of it a large teaspoonfull of ipecac, and give a wine glass half full once in ten minutes until an emetic operation is produced; and while in operation warm water may be drank, and after the operation, corn-meal porridge will be proper as food. Then put a large teaspoonfull of gentian root made fine into a vessel with a pint and a half of boiling water, and keep hot and reduce to a pint and a gill, then bottle the clear liquor and give a wine glass full before eating food, morning, noon and evening. Put hard soot from a brick or a stone chimney, salt, and black pepper, each a quarter of an ounce by weight, or a large tablespoon even full of each article made fine, and mix into a mass by means of the yolk of an egg, and roll into pills of a good size, and let one of these pills be taken after eating each meal three times a day. Thus regularly, and continue the treatment after the emetic has been taken some time; and once a day apply to the stomach a mustard poultice and retain awhile. Let the feet be kept warm, and the meals be regular. Moderate exercise will be useful at all times, daily.

No. 206.—*St. Vitus' Dance.*

This disease is nervous, and may be distinguished from all other complaints by the peculiarity of gestures of those who are afflicted with the same. The causes which occasion this disorder are not known. As a treatment, put an ounce of valerian root made fine into a quart of boiling water in a vessel and simmer until the liquor is strong, and then bottle, and let the afflicted take a wine glass full before each meal, morning, noon and evening. Recruit. The quantity of five drops of oil of tar may be taken on sugar, after each meal, three times a day. Also, the person may plunge in cold water in the morning early, come out immediately, cover with a blanket, and perspire a short time. This practice every morning for some length of time. The feet are to be rubbed with warm dry flannel every morning and evening. The diet light and nourishing, and the meals regular. The supper to be very early and the rest as quiet as possible. Let the exercise be uniform and moderate. Fruit in the evening will prove injurious.

No. 207.—*Worms.*

Worms are of various kinds and of different shapes. Persons of all ages and in all locations and climates are liable to be afflicted with this disease. The small pin species of worms, the common round worms, the tape kind, and those common in Africa, are to be treated in the following efficacious manner. Put into a vessel unslacked lime, a small tablespoonfull, and add three pints of boiling water and an ounce of pink root, and let stand by the fire some time, then turn the clear liquor from the articles and bottle, and let the afflicted take a wine glass full of it once in four hours, and after this medicine has been used six or eight times, put into a vial two ounces of castor oil and half an ounce of spirits of turpentine, and unite by shaking the vial; and then let a small tablespoonfull of this mixture be taken in water sweetened with molasses, once in three hours, until the bowels<sup>m</sup> are moved; then a use of the first mentioned medicine, some time, once in four hours, without the physic, will be proper; and in twenty-four hours the oil and turpentine may be taken again as proposed. Let the diet be porridge, codfish broth, and any

light food. It may be necessary to repeat the treatment as often as once in ten days, to eradicate the worms and the mucous with which they are surrounded. A few regular courses of treatment will answer the desired purpose. The general symptoms of worms are, pains in the stomach and bowels, grating the teeth while asleep, variable appetite, picking the nose, fœtid breath, hardness and fullness of the bowels, heat and itching about the extreme part of the intestines, paleness of the countenance, slimy evacuations, and sometimes diarrhœa, the urine deposits a white appearing substance after standing awhile, the pulse is very irregular at times, often there is thirst and fever. Where the nerves are very irritable, spasm and loss of volition for awhile may be in the case. A part of, or even all these symptoms may occur.

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No. 208.—*Prolapsation of the Bowel.*

This complaint may be produced from hard lifting, diarrhœa, costiveness, and debility of any species. The bowel may be rubbed with

an ointment made as follows: Stew mutton tallow in strong white oak bark tea until the tea is gone, and then turn off; after rubbing the protruded part with this ointment, return it to its proper situation. Thus morning and evening. Twelve drops of iodine tincture may be taken in jesuit's-bark tea morning and evening.

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No. 209.—*Schirrous Testacles.*

This complaint may occur from many causes, but the following treatment will generally succeed: Cut woollen cloth very fine and oil well, then put a handfull of it on coals of fire in a vessel, and when the smoke rises place the swelled parts over the fumes and sweat them some time, and then wet a woollen rag in a liniment mentioned in No. 203, and rub the parts. Thus several times daily. Internally, twelve drops of iodine tincture may be taken in water twice a day.



No. 210.—*Urine Scalding.*

Let the cause of this disease be what it may, the sooner the complaint is treated with suitable means, the better in all respects. For the irritation, put into a vessel a tablespoonfull of gum Arabic and three pints of boiling water, add an even teaspoonfull of saltpetre and stir, and take a wine glass half full once an hour. Drink freely of weak flax-seed tea. Let the diet be free of salted articles. Porridge broth and coffee will be harmless.

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No. 211.—*Sweating Immoderately. Night Sweating.*

Many causes may operate to occasion this complaint, but in most instances the following treatment will succeed in curing. The bark of the root of sweet fern, two ounces made fine, water two quarts, and simmer to three pints, then bottle and add sixty drops of acid of sea salt, and a gill of loaf sugar. A wine glass a third full may be taken before eating food three times a day, and a like quantity at bed time. Thus regularly.

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No. 212.—*Ulcerated Sore Throat.*

Although this complaint is about the parts concerned in swallowing and contiguous parts, the blood is in an ill state and requires attention in the treatment of the disease. Ulcerous sore throat has its origin from a contagious cause. For the complaint, as a disease of the blood, put into a vessel rosemary leaves, a tablespoonfull, and Virginia snake root, a very small spoonfull, with three pints of boiling water, then simmer to a quart and turn off, and dissolve in the liquor a teaspoonfull of gum Arabic made fine, and give a wine glass full once in five hours; and give a wine glass half full of solution of Epsom salts once in six hours. Prepare the solution as follows: Put a small tablespoonfull of Epsom salts into a quart of water, and add a large teaspoonfull of sweet spirits of nitre. As a beverage to quench thirst, a weak tea made of flax seed with a little good vinegar in it may be drank of freely. For the disease locally, make a strong tea of rosemary leaves, and to a quart of it add a large tablespoonfull of burned alum made fine, and as much loaf sugar, and gargle the throat with this preparation very often.

Also, wet a rag with this just-mentioned liquor, have the rag fastened at the end of a stick, sprinkle burned alum made fine upon the rag, and touch the sores which are in the mouth with the swab, as often as four times in the twenty-four hours. Treat the throat disease externally as follows: Put some boiled potatoes into a small woollen bag and press them flat, and apply to the region of the disease and retain some time, then exchange for another like application, and so on until the skin is sweated, then remove the potatoes, and to the parts apply a poultice prepared by heating water and stirring into it fine salt, as much as it will dissolve, then let Indian meal be stirred into the solution until the consistence is like a pudding, then fine salt may be put into the whole and well stirred, and a poultice thus formed. Some of this composition may be spread on a rag and bound upon the throat, and exchanged for a fresh poultice as often as it dries; and after this treatment has been practiced some number of hours the poultice may be discontinued, and a blister plaster as large as a dollar may be placed on the affected part and retained there until a blister is well

raised, then the contents of the blister let out, and a rag spread with tallow put upon the sore; the blister sore may be dressed with a tallowed rag twice in twenty-four hours until healed. Also dissolve a large teaspoonfull of saltpetre in a pint of sharp vinegar, and heat—place a tunnel over the vessel, let the afflicted draw the fumes into the throat frequently. Let the food be, tea, coffee, porridge and biscuit water.

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No. 213.—*Lightning.*

To evade the operation of lightning, so far as can be effected, is our privilege. By holding a pane of glass over the head, suspended by hands covered with silk handkerchiefs, or any silk articles, all metallic substances being removed from the pockets or contiguous parts, the electrical fluid may be averted in its course and rendered harmless.

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No. 214.—*Preservation of General Health.*

The human body is composed of various

parts, which are required to be in uniform action for the health of the general system. The head is to be defended from heat of the sun, and also from wet and cold weather, by suitable covering. The feet are to be kept comfortably warm, as cold feet are sure to injure the health of every individual. The pores of the skin are to be secured from obstruction by necessary clothing and exercise. The bowels are to be continued in their office by suitable diet and drink. Continual sameness of food is annoying to every stomach. Such food as the appetite relishes will generally digest readily and yield suitable nourishment. Food or fruit taken at a late time in the evening will harm the digestive powers. Salted or sour articles should never remain but a short time in leaden, copper, pewter or brass vessels, as these substances are apt to become corroded and poisonous. Also, spoons which are made of pewter or of German silver, are easily corroded and rendered poisonous. The state of the urinary organs solicits our attention. As often as there is an accumulation of urine, we cannot postpone an evacuation with propriety. The simple beverage that nature has prepared

for us is the best article that we can possibly have to quench thirst and mingle with our food. Common beer and cider are the least stimulating to the urinary glands, of any of the fermented liquors; but wine, rum, gin, whisky, brandy and cordials, are ever inimical to health. Water ought to be pure and clear and free of every baneful substance. Extreme labor, hard lifting and straining, are apt to produce evil consequences. Every human being must exercise in some degree for the production of health.

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No. 215.—*Virtue.*

Sure it is that the Divine Being requires of us moral goodness. Affability and the exercise of friendship endears us to those with whom we associate. In proportion to our lack of virtue, we are depraved. It is as much in our power to be virtuous, and useful in society, as it is to be vicious and disesteemed by the patronisers of propriety. Vain is it for us to anticipate the favor and love of God, and do violence to the commands of Him with whom we all have to do; for in the gospel of St.

Matthew we are notified, "That every idle word that men shall speak, they shall give account thereof in the day of judgment." One species of sinning is the habit of using profane language; for in scripture we read, "Thou shalt not take the name of the Lord thy God in vain; for the Lord will not hold him guiltless that taketh his name in vain." And moreover, "But I say unto you, swear not at all." Furthermore: We cannot indulge the passion of anger, and be consistent with propriety, for the wise king of Israel asserted, "He that is soon angry dealeth foolishly." Also he has remarked, "He that is slow to wrath is of great understanding; but he that is hasty of spirit exalteth folly." Upon the subject of ardent spirit, the wise man observed in the book of Proverbs, "Wine is a mocker, strong drink is raging, and whoever is deceived thereby is not wise." Respecting truth, king Solomon has written, "Whoever keepeth his mouth and his tongue, keepeth his soul from troubles." The apostle and servant of God and Jesus Christ, James, has mentioned in one of his epistles, "The tongue is a little member, and boasteth great things. Behold how great a matter a

little fire kindleth ! And the tongue is a fire, a world of iniquity : so is the tongue among our members that it defileth the whole body, and setteth on fire the course of nature ; and it is set on fire of hell." Again : " But if ye have bitter envying and strife in your hearts, glory not and lie not against the truth." Also the man of God remarks, " And the fruit of righteousness is sown in peace of them that make peace." As relates to contention, " From whence come wars and fightings among you ? Come they not hence, even of your lusts that war in your members ?" The elements of virtue, are charity, affection, prudence, temperance, justice, fortitude. Either of these traits may be called good, but it requires all of them to render an individual habitually virtuous. The first mariner who espoused the gospel cause was Peter, and he as an apostle exhorts to faith, as a Christian quality ; then to add to faith virtue, and to virtue knowledge, and to knowledge temperance, and to temperance patience, and to patience godliness, and to godliness brotherly kindness, and to brotherly kindness charity.









